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crazy about burgers!

TIPS AND RECIPES, JUST IN TIME FOR GRILLING SEASON



The extra-thick G&G burger from Guard and Grace p. 63



GET TO KNOW: TENNYSON STREET, ASK THE VET: DR. KEVIN FITZGERALD ANSWERS YOUR PET QUESTIONS, GONE FISHIN': GREAT SPOTS FOR KIDS, OOH-LA-LA: FRENCH TOAST FOR BRUNCH, LESS IS MORE: BOULDER'S NEW PERSONAL-CARE COMPANY, UP A RIVER: CRUISING EUROPE, WEEKEND GETAWAY: CANYONS OF THE ANCIENTS



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Contents 04.19 COVER: 6 & G burger from Guard & Grace: photography by Paul Miller ON THE COVER: G & G burger from Guard & Grace; photography by Paul Miller "It takes a village to run a brewery." — Tiffany Fixter of Brewability Lab **HOP GODDESSES** Meet three women who joined the craft brewing movement in Denver for one reason—to make excellent beer. Here's how they wound up busting into a boys' club, and defying their critics in the process. **BURGER MANIA** In homage to Americans' favorite sandwich, we asked Chef Jorel Pierce of the TAG Restaurant Group to grill us up some of the best versions. photography by JEFF NELSON 4 denverlifemagazine.com | APRIL 2019

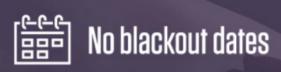


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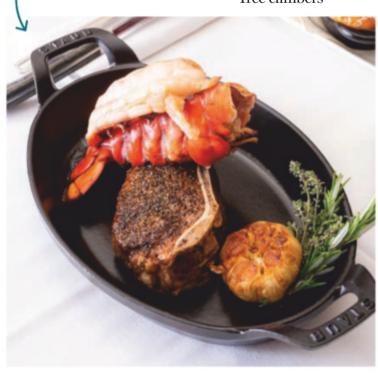
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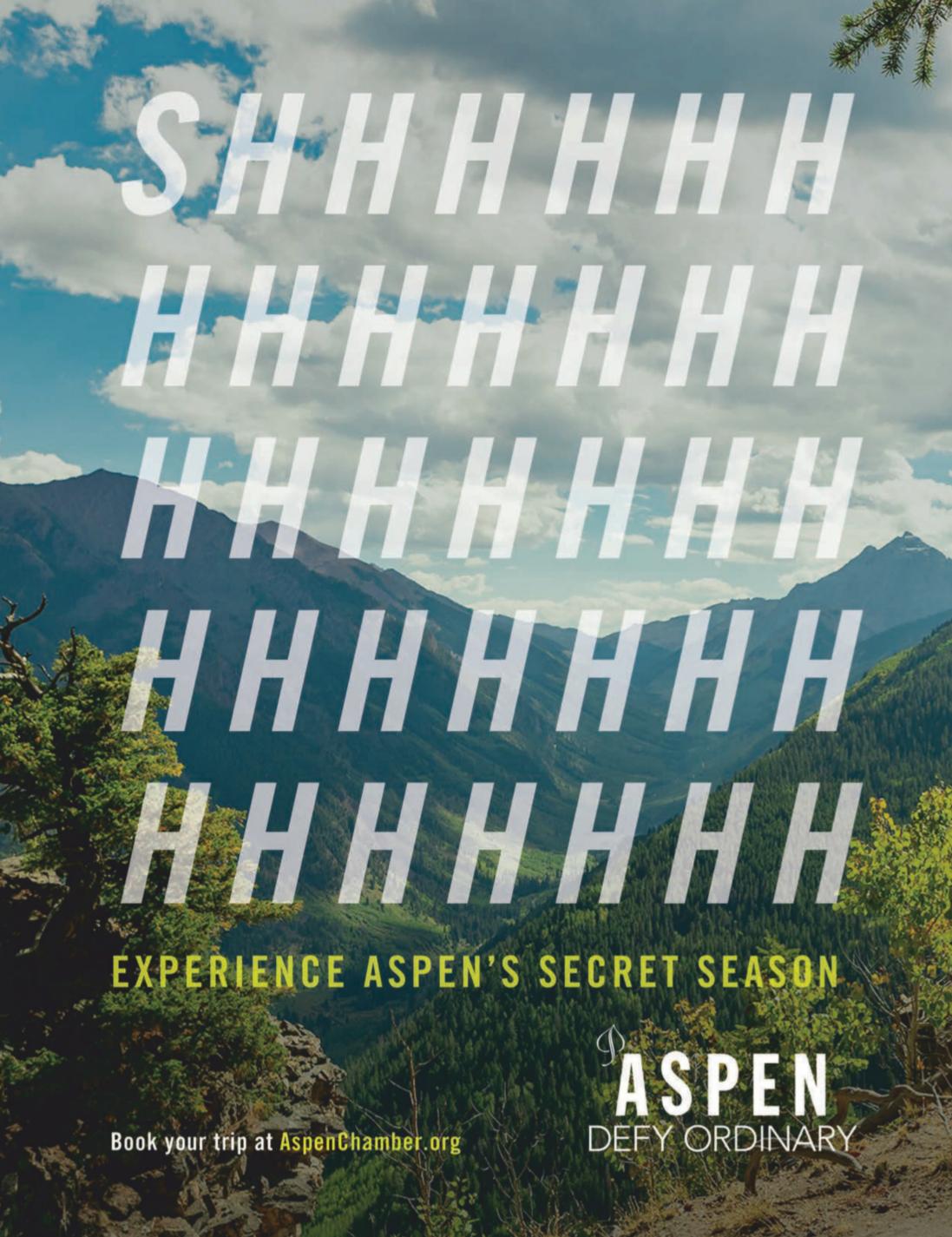
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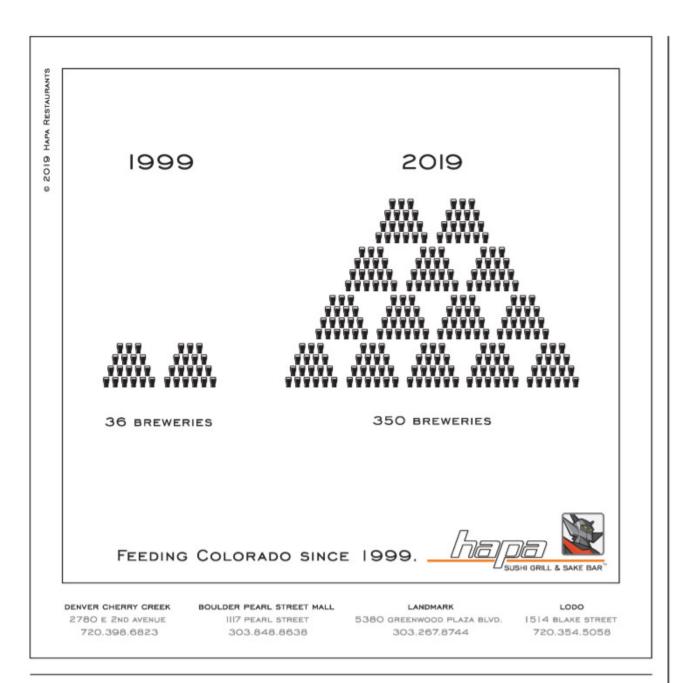
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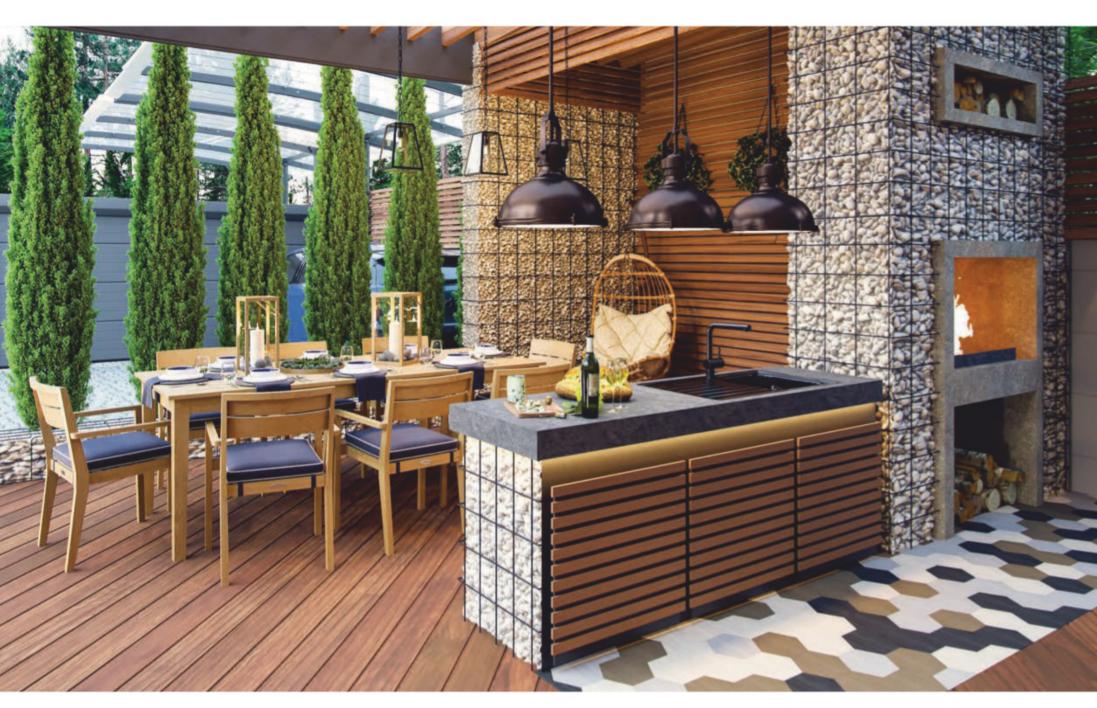
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GRILLERS, START YOUR BURNERS

Burgers and beer. Two of the nicest words in the English language. Together, they say one thing: Spring is here, and so is grilling season.

For our annual spring food issue, we couldn't resist going to the pros—in this case, Jorel Pierce, former *Top Chef* star and now

Email me: alison.gwinn@denverlifemagazine.com

culinary director of the TAG Restaurant Group—to help us cook up a variety of burgers (not only the meat kind, but salmon and veggie versions, too) for our story "Burger Mania," on p. 63. Check out Chef Jorel's tips on creating your own perfect burger—and top it off with some local condiments, featured on p. 69.

As for the other half of the equation—beer—we tell the stories of three local brewers who just happen to be female in a male-dominated biz (p. 54). Ultimately, "the beer has to be really good," says Betsy Lay of Lady Justice Brewing. We couldn't agree more.

Still hungry? We also have tips on surviving the hottest local hot sauce (p. 28), the starting lineup of new foods at Coors Field this season (p. 50), a great local source for heirloom veggies and flowers (p. 30), the

best way to make iced coffee (p. 46), and, to top it all off, the yummiest grilled cheese on the planet (p. 45), just in time for national Grilled Cheese Sandwich Day on April 12. Yum.

Alison Gwinn
Executive Editor

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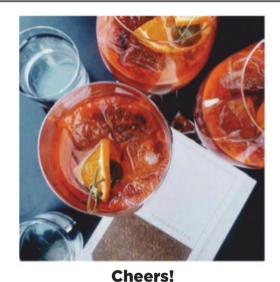
A selection of Instagram posts sporting the #denverlifemagazine hashtag this month



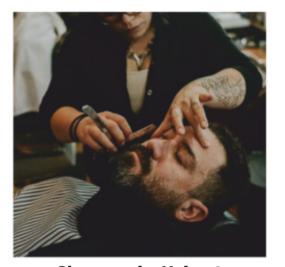
Sun and Snow You know you're in Denver when you take a dip, snow or no.



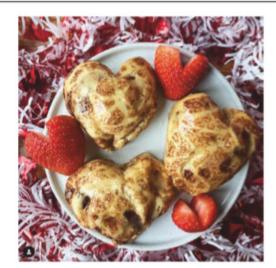
Pasta party @rosemaryandryeblog enjoyed the delicious pasta that @barologrilldenver serves up every day.



Enjoying the fruity new cocktail recipes at @tavernettadenver



Shave and a Haircut Spruce up for date night with a Spruced Up Shave from @sprucemen.



Sugar and spice A sweet treat from the kitchen of @macaroniandbutter



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Have a (delicious) bite at some of Denver's top restaurants on us this month. Visit **denverlifemagazine.com** for complete details and your chance to enter to win these exciting giveaways.



ROLL WITH IT

In the mood for top-notch sushi, a sip of sake, and a laid-back patio? You'll love spending an evening at **SUSHI RONIN** with this \$200 certificate. Our suggestion: two orders of the chef's daily tasting menu, which includes seven courses of fresh fish. Our other menu faves? The 15-piece sashimi set, the thinly sliced, seared beef tenderloin app, and any roll on the specials menu. **sushironindenver.com**



DID YOU SAY COMFORT FOOD?

CHERRY CREEK'S DEL FRISCO GRILLE takes classic American comfort fare to new heights. Case in point: cheesesteak eggrolls, prime beef short rib stroganoff, and Nutella bread pudding are all on the menu—and ready for you to enjoy with a \$200 certificate. Handcrafted cocktails and brews are also up for grabs. delfriscosgrille.com



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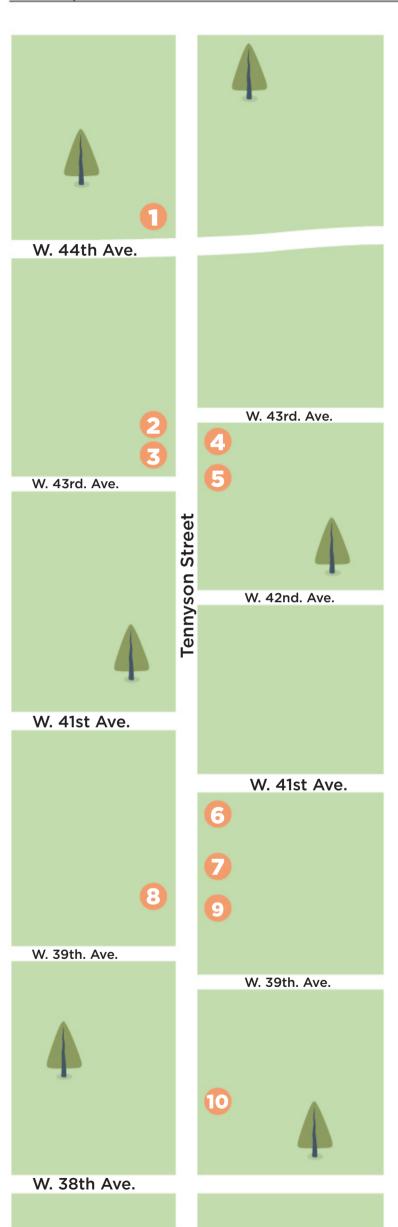
ter this month Control Contr

High flyers

If you want to see some future Olympians in action, travel to Copper Mountain this month to watch the national championship of the **United States of America Snowboard and Freeski Association**. The 12-day USASA championship is the culmination of more than 500 snowboarding and freeskiing events held at about 120 resorts across the U.S. and features more than 1,800 young athletes in the largest such competition in the world. Events include halfpipe, slopestyle, slalom, giant slalom, boardercross, and rail jam. Wonder if these kids are the real thing? Consider this: 100 percent of the 2014 U.S. Olympic Snowboarding Team and 75 percent of the U.S. Olympic Freeskiing Team got their start with USASA. Watching the best do their stuff is a perfect way to close out the winter ski season.







Tennyson Street

FILL YOUR WEEKEND AT THIS BERKELEY HOT SPOT



1. Parisi Pizzeria, Trattoria e Vino

Stop by for a handcrafted pizza or pasta dish at the charming neighborhood fave Parisi Pizzeria, where you order at the counter before sitting down. Be sure to try the wine bar and gelato bar.

4401 Tennyson St. parisidenver.com

2. Berkeley Supply Co.

This unique store specializes in American-made goods, from Red Wing 8886 Copper Rough & Tough Moc-Toe boots to Rogue Territory jeans to Tanner Goods belts and wallets.

4317 Tennyson St. berkeleysupply.com

3. Real Baby

A definite go-to if you're heading to a baby shower, this store has clothes, accessories, games, and more.

4315 Tennyson St. realbabyinc.com

4. Bookbar

One of our favorite indie bookstores, Bookbar has cozy spots for reading, a daily happy hour at the wine bar, kids story times, a "Silent Book Club" every other Sunday afternoon, creative writing workshops, and literary game nights.

4280 Tennyson St. bookbardenver.com

5. Spruce

Guys, get your groom on here: Shaves, haircuts—and men's rugged, stylish clothing—are what you'll find at this little gem of a place.

4252 Tennyson St. spruce.me

6. Allegro Coffee Roasters

When you stop into Allegro, one of the city's first sustainable coffee roasters, you'll know that you're not only getting a great sip but also helping to fund nonprofits, through its Making Coffee Matter program.

4040 Tennyson St. allegrocoffee.com

7. Feral Mountain Co.

This very cool, recently expanded outdoor gear shop has a highly curated selection of camping and hiking gear, men's and women's outdoor apparel, and a super-knowledgeable and friendly staff to guide you.

3936 Tennyson St. feralmountainco.com



8. Vital Root

As true to good food as its sister restaurant, Root Down, this place has exquisite food that belies its casual vibe. Enjoy breakfast (tofu scramble, Root Down Benedict), lunch (sunflower risotto, falafel wrap), or dinner (Indian Kitchari, Miso Ramen). It's all yummy.

3915 Tennyson St. vitalrootdenver.com

9. Hops & Pie

Take a load off (and keep the kids happy) with a beer, pizza, or great H&P salad (like the roasted pear) for you—and, for the kids, a 10-inch pie, mac-and-cheese, or cheese quesadillas (everything on the kids menu is \$5-\$6).

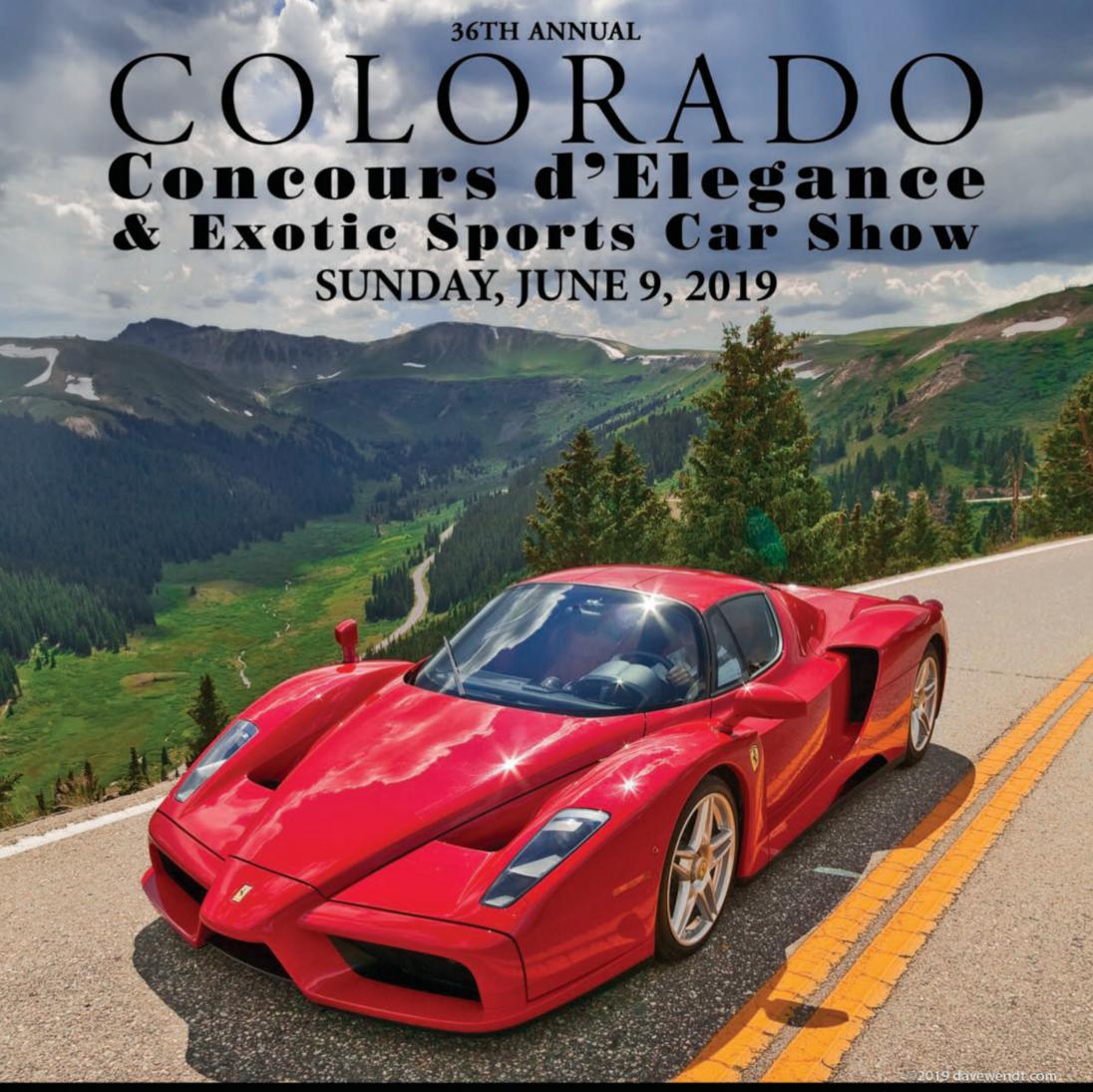
3920 Tennyson St. hopsandpie.com



10. Wendell's

This "contemporary diner" serves breakfast, brunch, and lunch, like chocolate-and-orange-ginger-dipped French toast and a veggie sammie with summer squash and peppers for breakfast and a to-die-for kale cobb salad for lunch.

3838 Tennyson St. wendellsbreakfast.com



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on the job Horticulturist

THE PLANT WHISPERER

MIKE BONE is a matchmaker of sorts. Though his name badge says "Curator of Steppe Collections," he spends much of his time pairing up plants to create new ones. Bone, who as of April 1 has been at the Denver Botanic Gardens for 17 years ("I've been the April Fool's joke all that time"), tends the Steppe Garden at York Street—"planting, cutting things back, doing maintenance"—but also writes and publishes, speaks at garden clubs, and works on the breeding program at the Chatfield site. That's where he does what he calls his "mad science," germinating seeds and taking root cuttings. It's a dirty job, but someone's got to do it.

How did you get into horticulture?

"My grandfather was a farmer in the Texas Panhandle, and in the summer I would work on the farm, so I got an early love of nature. My dad was an avid outdoorsman-he loved fishing and camping—so I was raised with a fascination for the outdoor world. After high school, I got a job with a local landscape company, and it clicked. I became obsessed with greenhouse growing and making new plants."

How did you end up at the Botanic Gardens?

• "After I got involved in the Plant Select program at a wholesale nursery, I met some of the staff at the Gardens. One day they called and told me about a job opening. I thought, 'Leave these long, hard hours to go to work at the Botanic Gardens—really?' It's been my dream job ever since."

Why is it so great?

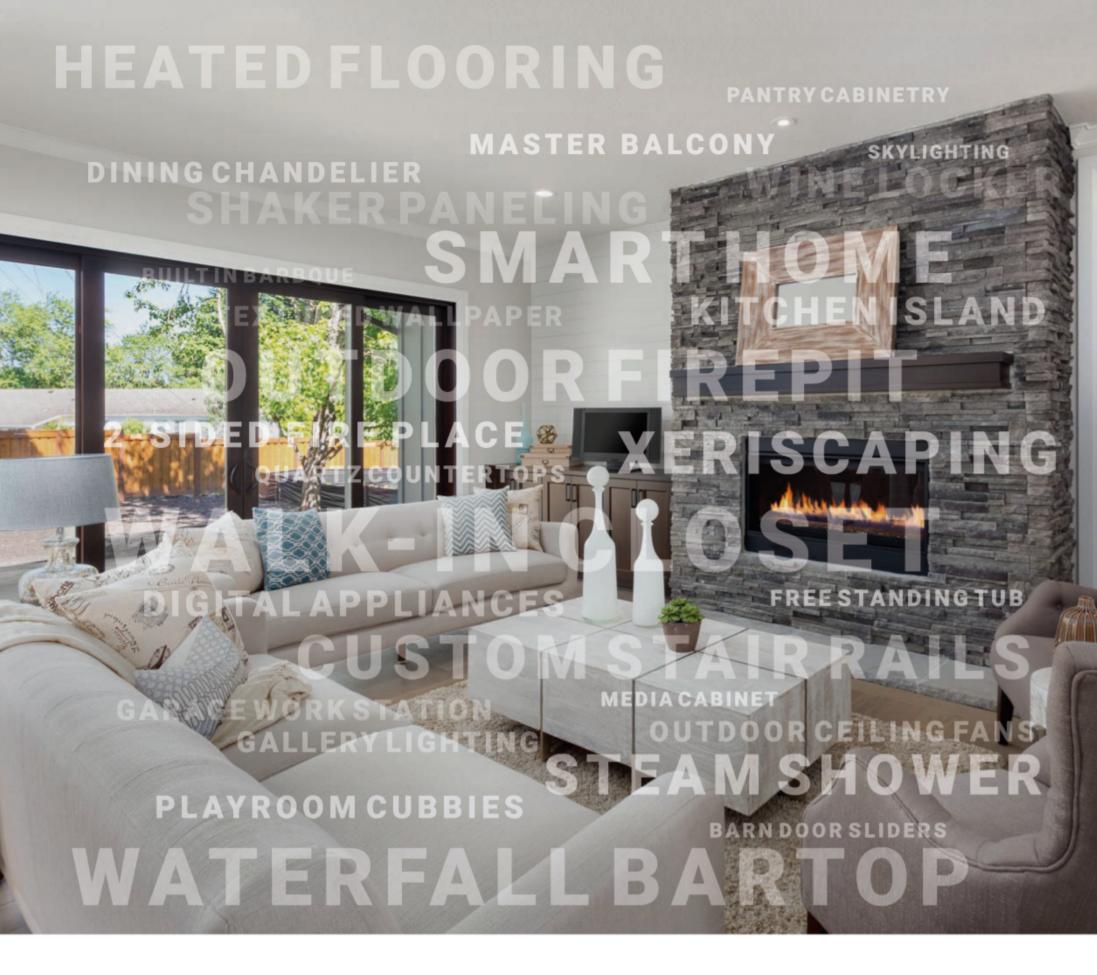
 "Much of what I do is propagation—making new plants. It's my passion. I've produced everything from tropical plants to cacti to succulents to annuals and perennials. In our breeding programs, we pick flower A and flower B, put on some Barry White music and make them kiss; then we raise up their babies. We are not only a display garden but a scientific collection garden."

Where do you get seeds?

• "I travel to other steppe regions of the world-Argentina/Patagonia, southern Africa, central Asia—to collect them, bring them back, and grow them. Chatfeld is where a lot of my 'handsin-dirt' work happens. You have a few tiny seeds from the far corners of the world, and you make plants. Then someone sees them in the garden and goes, 'Oh my god, that's a beautiful flower-I've never seen it before!' And you can tell the story behind it."

You must tell us about the beard.

• "My wife told me I had to shave for our wedding, because she wanted clean cheeks to kiss. I said that's fine, but that's the last day I'm ever shaving. That was Halloween of 1999."





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Dog-doos and don'ts

WHEN NEIGHBOR DOGS USE YOUR PROPERTY AS THEIR PERSONAL TOILET, WHAT RECOURSE DO YOU HAVE?

I live in Colorado Springs, right on a busy sidewalk, and someone is letting his or her dog poop in my small front yard without cleaning it up. How do I get this to stop? —Alisha, Colorado Springs

the perils of owning a yard in the city! This depends on two things: whether it's the same culprit every time, and if so, whether you know this person. If • this is a repeat offender, and you know the person casually as a neighbor, you're well within your rights to "bump into" him or her while the dog is doing its business and offer a friendly reminder to clean up the mess. Contrary to popular belief, dog poop is not all that innocuous. It does pose certain health risks and it doesn't act as fertilizer for your grass in the same way that, say, cow poop might. Be friendly; your reputation as a neighbor is at stake. If it's a stranger, be a little more forceful. If it's a different dog owner each time, you might try a classic NYC-style "curb your dog" sign. A funny one is best, as it seems friendlier, and is less likely to cause resentment among passersby. Head

over to dogpoopsigns.com (yes, really) for some good options. You can also put out a box of free doggie waste bags as a subtler suggestion. Tip: These don't have to look horrible. Rig up a bird box at eye level with waste bags that can be pulled

hole.



My sea-level friend just came to visit me in Denver and didn't feel well after a hike. She's in great shape. Could this be altitude sickness?

-Kate, Stapleton

It certainly could be. If her symptoms include dizziness, fatigue, shortness of breath, loss of coordination, or-more seriously-nausea and vomiting, altitude sickness is likely to blame. Frustratingly, there's no telling who will experience this nasty side effect of traveling to a high-altitude city like Denver, as age, sex, and overall health aren't good indicators of who is at risk. Therefore, it's better to play it safe. The number-one thing to know is that this shouldn't be taken lightly. This is more

than just a common headache. It's the body trying to adjust to changes in air pressure and oxygen level, which can affect the lungs, blood, and even the brain. Always consult a doctor first. Descending to a lower altitude is the best course of treatment. Don't attempt any more hikes, or other activities that involve elevation gain, until the symptoms have passed. Your friend should also try to stay warm and rest, drink lots of water, and definitely avoid alcohol. If anything changes or worsens, seek emergency medical treatment.

I've decided to stop drinking alcohol. How can I stick to this without making my drinking friends (and myself) uncomfortable? -Brian, RiNo

First of all, good for you! It's certainly possible to maintain your social life without booze, and without any awkwardness among friends. Consider orienting your schedule around external excuses not to drink. Offer to be the group's designated driver, or start working out with a trainer who meets you for morning sessions. That way, when the inevitable "You're not drinking?" comes up, you can quickly say, "I have to be up tomorrow at 6 for a track workout," or somesuch. That said, you don't need to hide the fact that you don't drink, especially with close friends. The truth is, in today's health-conscious world, they're more likely to admire you than to pressure you into drinking when you don't want to. Make things easier for yourself by bringing your own drinks to parties ginger beer or sparkling water, maybe—so you never have to walk around empty-handed. Of course, it's easier to be sober with a buddy, and it's a perfect excuse to make a new close friend, if you have an acquaintance who's also abstaining. At the end of the day, trust that time will build your confidence.

Got a question? Send it to: editorial@denverlifemagazine.com.



(1) CALL HIM THE JOKER

Credit 7-footer Nikola Jokic for dribbling Denver's pro basketball team into the NBA playoffs for the first time in five years. The Serbian center led the team in scoring and triple-doubles, which are double-digit games in points, rebounds, and assists. He even dribbles, unusual for such a big man. The nickname is both alliterative and apt: He's kind of wacky.

② DRESS THE PART

No team jersey? Wrap yourself in the Nuggets' colors: navy blue, powder blue, gold, and white. Bonus points for wearing the retro "rainbow" jersey, revived this year on the court, which quickly sold out in the fan shop.

③ NOTICE THE SUBSTITUTIONS

Many consider Michael Malone a shooin for Coach of the Year for turning things around in Denver, especially after early-season injuries to Will Barton, Gary Harris, and Paul Millsap. But Monté Morris, Malik Beasley, Mason Plumlee, Torrey Craig, Isaiah Thomas, Trey Lyles, and Juancho Hernangómez all contributed off the bench and may rotate in and out for postseason minutes.

4 SAVE YOUR ENERGY FOR THE FOURTH QUARTER

As games wear on in the Pepsi Center, the Nuggets can thank their fans for inspiration and credit the altitude for dousing opponents in perspiration. But perhaps their most transformational victory came on the road Jan. 28, when they overcame a 25-point third-quarter deficit to shock Memphis 95-92. You can't count them out.

(5) TAKE YOUR CHANCE ON A LAST-MINUTE TICKET

Three April home games include the regular-season finale, April 10 against Minnesota, and then it's on to the playoffs. Last-minute tickets for any game that hasn't sold out can often be had at a no-fee deep discount by signing up for alerts from NuggetsPass.com. Offers this season ranged from \$15 for 300-level tickets to \$60 for a seat to watch the Golden State Warriors.

The NBA playoffs start April 13. Visit Nuggets.com for the schedule.



Ask Dr. Kev

BLACK WIDOWS AND OTHER DANGEROUS CREATURES



■Last night I saw my cat play with something. It turned out to be a spider—a black widow! I got it away from wher, and she's showing no problems, but how dangerous could this have been?

A: More than 20,000 species of spiders are found in North America, and all but two are venomous. Thankfully, only about 50 have fangs that can puncture mammalian skin. In general, hunting spiders (like the brown recluse) have more potent venoms than web spinners—with the notable exception of black widows. This spider is found in every state but Alaska and prefers dark, dry, draftless areas like woodpiles, garages, basements, attics, closets, cupboards, and sheds. Males are venomous but cannot deliver a toxic bite; females can be 20 times the size of males. Most bites on pets and people occur in the winter when spiders come

inside houses. Clinical signs of black widow bites develop 30 to 60 minutes after a bite. Dogs and cats show severe pain, muscle cramping, tremors, vomiting, diarrhea, and abdominal tenderness. Cats are more susceptible and may howl in pain. Rarely will you see the bite punctures—or the spider. Treatments include pain management, muscle relaxants, and an antivenin. Prevent spider bites by keeping a hygienic environment clear of debris and not allowing pets to have unsupervised access to attics, garages, sheds, and basements. If you suspect your pet has been bitten by a black widow, contact your veterinarian immediately.

■I live in Denver ■ and let my dog and cat go out in my yard. I've seen coyotes, foxes, raccoons, skunks, bats, hawks, and owls in our neighborhood—how much danger do they pose to my pets? A: In 1990, about 40 percent of Americans lived in urban centers; by 2030 it is expected to be up to 60 percent. This steady urban growth has had a powerful effect on animals, with some species learning to exist in cities. In Denver, we routinely find bats, squirrels, raccoons, skunks, rabbits, foxes, coyotes, deer, pigeons, hawks, owls, and occasional bears and rattlesnakes. Wild animals can transmit contagious diseases to us and our pets. In Colorado, skunks, bats, raccoons, and foxes are the major vector of rabies. Wildlife can infect streams, creeks, lakes, and ponds with the agents responsible for Leptospirosis and Giardia. Raccoons also carry distemper and a nasty parasitic worm. What can you do? Avoid any contact with wild or

stray animals, and do not handle even carcasses bare-handed. Make sure your yard is secure and your animals do not wander outside of it. Secure all garbage cans with latchable lids that do not attract scavenger wildlife. Keep pet food and water dishes inside, not on porches, where animals can find them. Finally, keep your pets' vaccines up to date.





Kevin T. Fitzgerald, PhD, DVM, is staff veterinarian at the VCA Alameda East Veterinary Hospital. vcahospitals.com/ alameda-east







BEFORE

AFTER





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Percent of Colorado restaurants that are independently owned

285,000 Number of Coloradans employed in restaurant jobs

9

Number of food halls in Denver, including the new Broadway Market, in the Golden Triangle

Expected dollars of Colorado restaurant sales, in billions, in 2019

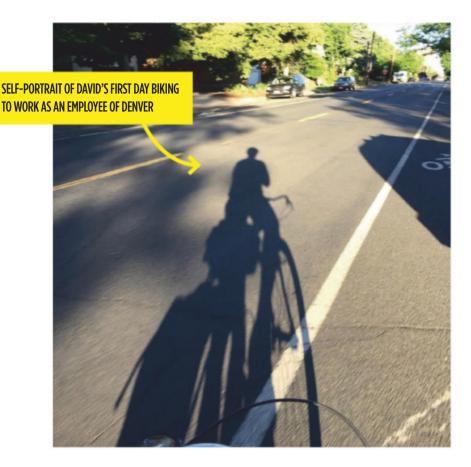
Millions of dollars of state tax revenue generated by Colorado restaurants

11,800
Approximate number of eating and drinking locations throughout the state

2

Denver's national ranking for ease of starting a food truck, according to a 2018 report by the U.S. Chamber of Commerce Foundation. (First place: Portland, Ore.)

Percent of the state's labor force working in/with the restaurant industry in some capacity



three questions with

David Pulsipher

PEDESTRIAN AND BICYCLE PLANNING SUPERVISOR FOR THE CITY OF DENVER

In 2017, Mayor Michael Hancock introduced a 12-year, \$2 billion Mobility Action Plan to transform Denver into a more walkable, bike-able city. David Pulsipher is here to make sure it gets done.

What do you do? I oversee all efforts related to bicycle and pedestrian planning in Denver. Essentially, I try to make the city a better place for walking and biking. That means sidewalks and crossings, bike facilities, bike lanes, neighborhood bikeways. We identify opportunities, assess their impact, and then other city departments design and build the infrastructure. With the mayor's Mobility Action Plan, the big goal is to have zero traffic fatalities by 2030, and a reduction in single-occupancy-vehicle trips down to 50 percent. The mayor also committed us to building 125 miles of bikeways in five years. Denver is going to see a rapid increase in the amount of pedestrian and bicycle infrastructure.

Are you out walking all the time? Definitely. My staff and I are always out in the community. Many of us are bicycle commuters, take public transit, and walk. It's part of our day. The job also involves a lot of meeting with people, hearing feedback, going out into the field.

Any tips for transitioning to a daily bicycle commute? A good place to start is your local bike shop, because they can give you recommendations on equipment. There are lots of different saddle bags—or panniers—everything from simple canvas bags to high-tech, waterproof options. My personal motto is: Don't carry on your back what you can carry on your bike. Also, you don't have to wear head-to-toe spandex to be a bike commuter; you can wear what's comfortable. I recommend people do some basic research online. Or, if you want, talk to me. I love solving mobility questions. —Andrew Weaver

It's a lot of problem solving, creative thinking, and dreaming.



Follow David on Twitter @davidpulsipher



THE CHALLENGE

Try a spoonful (or just a drop) of one of Colorado's most devastating hot sauces: Eve's First Kiss, from Broomfield's **OVERKILL HOT SAUCE**.

CHANCE YOU'LL SURVIVE

"Some people can handle it and some can't," says Overkill's owner, Leslie Howard. "It all comes down to how badly you want to abuse yourself." You're definitely going to wake up tomorrow, but if you eat too much of the sauce, you might have a few unpleasant hours ahead of you.

HOW TO DO IT

In addition to its base of Carolina Reaper peppers—the hottest pepper in the world—the sauce incorporates Strawberry Reapers, meaning it pairs well (oddly) with sweeter dishes. "Drizzle it over a New York-style cheesecake with strawberries," says Howard. "The flavors will complement each other, and the dairy in the cheesecake will help cut some of the spice."

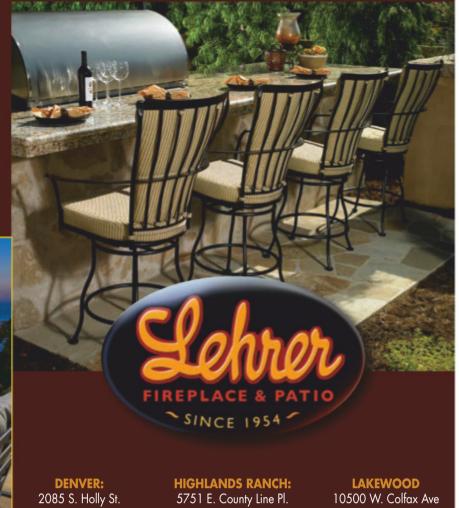
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From the ground up

BOTANICAL INTERESTS,

BASED IN BROOMFIELD,
HAS BEEN PROVIDING TOPQUALITY SEED (AND SAGE
ADVICE, TOO) TO LOCAL
GARDENERS FOR 24 YEARS.

BY AMANDA BONNER

ardening is a family thing for Judy Seaborn and her husband, Curtis Jones. "My grandparents were big gardeners, and my mom loved gardening," says Seaborn. "I'd go to Pop's house and he'd show me how to split irises, which I thought was a miracle. My grandmother showed me how to take cuttings from geraniums, and that was so cool." Jones didn't grow up gardening, but he studied agriculture and earned his master's in plant pathology. The two met while working for growers, and in 1995 started their Broomfield-based seed business, Botanical Interests.

How it all began

• "My husband and I found that there was this whole generation of kids growing up whose parents weren't passing on the gardening love," says Seaborn, "and these people wanted to know, 'How do I garden? How do I do this by seed?' We realized that small garden centers needed a niche product to help set them apart."

From then until now

 "That first year, we had 75 varieties, a smattering of herbs, a smattering of vegetables, a smattering of flowers. We've always done all three. Now we have 700 varieties. What can I say? I'm a bit of a plant geek. I am going to make California bluebells popular here if it kills me; they are so pretty and easy to grow."

How they find their seeds

• "We work with a lot of growers, many of whom we've known for 26 years now, and they give me the inside scoop on what they're doing. They put things in the ground for me, and we work together to come up with plants that will work well for the home gardener. I like to cook, so I'm all about the food aspect of vegetables, and I also want tall flowers that I can do easily by seed and that look great in fresh, cut bouquets. I like color in my house."

Making those seeds grow

• "We look for a good germination rate, so if someone puts in 100 seeds, 95 of them will come up. And we provide a lot of information on the inside of our packets. So many seed packets will just say, 'It's a squash. Plant the seeds this far apart.' But we try to give very specific information. Like our chocolate flower. My artist said, 'Make sure you say not to water it in the afternoon when it looks wilted, because that is the plant's personal mechanism to deal with heat and drought.' It perks right back up when it gets cool outside, and if you water it, it will drown."

Bonus points

• "We also have recipes inside our packets, occasional little bits of poetry, historical information about the plants. If you get a seed, there is a whole story behind each little one."

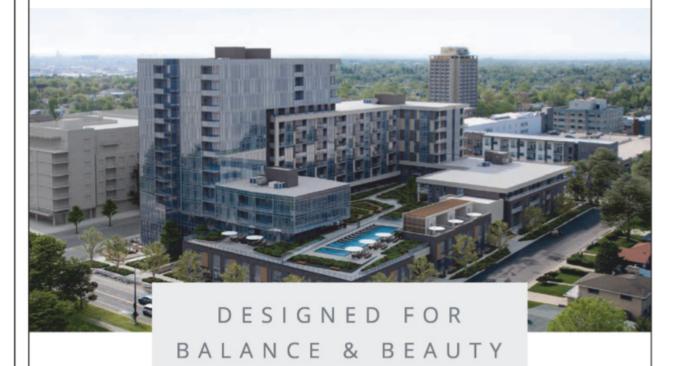


BOTANICAL INTERESTS

Find their seeds at garden centers, Whole Foods, Sprouts, and Natural Grocers.

botanicalinterests.com





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Let's get reelin'

GREAT FAMILY FISHING SPOTS FOR YOU AND THE LITTLE ONES

BY ANDREA AUSTIN

ishing is a great family activity. It's not hard to learn, and even if the fish are taking their sweet time to bite, kids can take in Colorado's scenic views while learning the value of patience (something smartphones just can't teach). Spring fishing in Colorado is some of the best of the year. The ice is melting, water is warming, and fish are looking to bite, so get out there and cast your line at these fun family fishing spots.

Staunton State Park

• At Colorado's newest state park (\$7 day fee), 40 miles southwest of Denver in Pine, Davis Ponds are stocked with rainbow trout and can be accessed from the main parking area.

Lily Pond

• This one-acre pond in Washington Park is for kids 16 and under. The park also has two larger bodies of water to fish in, Smith Lake and Grasmere Lake, in case adults want to join in.

Eaglewatch Lake

• Part of the South Platte Park Ponds in Littleton, this is a great local fishing spot for families. It's stocked with rainbow trout and has a variety of other fish looking to bite. If visiting on a weekend, get there early as the parking lot fills up quickly.

Evert Pierson Kids' Fishing Pond

• This pond, along the Boulder Creek Path, was transformed from a CU gravel pit into a kids' fishing pond in 1949 and is the perfect place to take reelers 12 and under. It's stocked several times a year with trout (both big and small), ensuring that kids never leave disappointed. Rod rentals are \$1 per child, and fish cost \$1.25/inch; you can take them home for dinner after having them cleaned and prepped.

Izaak Walton Pond

• This 15.7-acre pond in Longmont is for anglers 15 and younger, though adults can

help. There's an array of fish swimming around, including rainbow trout stocked in the spring and catfish stocked in the early summer.

Hayden Meadows Reservoir

• If you're looking to get out of town with the kids and fish while taking in some scenic views, this intimate pond in Leadville is the place. It also has trails to hike on and a concrete walkway that allows those with limited mobility to get close enough to the water to cast their lines.

MORE THINGS TO KNOW

- A closed-face spincast rod and reel are perfect for kids.
- Cast into the wind on a windy day so the lure moves with the other food in the water.
- The best time to fish in the spring is late mornings, when the sun isn't too bright but has still had a chance to warm the shallow waters. Fish are also known to bite on cloudy days.
- Kids 16 and younger can fish for free in Colorado; adults 16 and older must buy a one-day, fiveday, or annual fishing license, in addition to a \$10 habitat stamp for the first purchase of each year. Licenses can be bought online, by phone (at 1-800-244-5613), or at any of the more than 700 License Agent locations throughout the state.



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Waste not, want not

FOR TWO DECADES, **WE DON'T WASTE** HAS BEEN RECOVERING EXCESS MEALS AND REDISTRIBUTING THEM TO THE FOOD-NEEDY.

BY AMANDA BONNER

e Don't Waste all began with a simple question, says founder Arlan Preblud. "My wife and I are foodies, and I began asking people I knew in the restaurant industry, 'What do you do with the food that you have left over at the end of the night?' And they said, 'We throw it away. We've asked agencies to come pick it up, and the response was not good.' I asked them, 'Would you be willing to donate your food?' and they said, 'Absolutely.' And then I went to nonprofits affiliated with soup kitchens or food pantries and asked if the would accept donated food. And they said, 'Certainly.'"

The evolution

"I got a tarp at Home Depot, put down the seats in my Volvo station wagon, and started by picking up prepared food panned, wrapped, labeled, and dated from caterers. Sometimes I'd get fresh produce, too. We outgrew that after a few months and got a van, then a 14-foot refrigerated truck, and in 2017 we found a warehouse with a cooler to use as a distribution center. It's increased our efficiency and effectiveness."

How it has grown

"We now have more than 150 food donors, including the Colorado Convention Center, and they are protected by the federal and state Good Samaritan Acts, which basically say that as long as the food has been properly maintained and its integrity is



intact, there is no liability. We directly serve about 60 agencies, which in turn distribute to smaller agencies to effectively reach about 190 community-based agencies in the metro area, as far north as Fort Collins and south almost to Colorado Springs. Last year, we put out 33 million servings, which equates to 10.9 million meals."



What's next

"We've determined that there are approximately 50 food deserts within the city and county of Denver, where local populations have no grocery store within a half mile of where they reside. So we are developing a mobile food market to address this need—taking refrigerated trucks and setting up like a farmers market. We've started in the Globeville Elyria-Swansea neighborhood, which has been severely impacted by the I-70 construction."



WE DON'T WASTE

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MARK YOUR CALENDARS The agency's annual fund-raiser, Fill a Plate for Hunger, will be held Sept. 19 at the Botanic Gardens.

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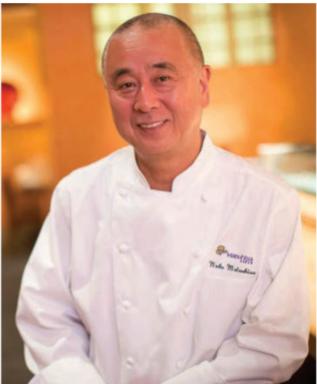
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Taste of Pearl APRIL 28

 Celebrating its 10th anniversary, this downtown Boulder food fest pairs 15 Colorado restaurants with 15 wineries/distilleries for tastings hosted by 15 of Boulder's boutiques and galleries. Stroll from place to place, imbibing and appreciating. boulderdowntown.com

calendar 04.19

Food

Taste of Vail Fall Food & Wine Classic

APRIL 3-6

Any self-respecting foodie in Denver has to make it (at least one day) to Vail's annual culinary extravaganza, rated one of the best spring food and wine festivals by USA Today and The Travel Channel. Grab your fork and bib for seminars, tastings, and sips galore. tasteofvail.com

Dance

APRIL 5-14 Ballet MasterWorks

• The Colorado Ballet's Ballet Masterworks season launches at the Ellie Caulkins Opera House with a twin bill: George Balanchine's Serenade

and a production of Carmina Burana, which has not been performed here in two decades.

coloradoballet.org

Music

APRIL 6

Postmodern Jukebox

Don your wingtips and elbow-length gloves, spin your hair up into a beehive, and go to Parker's PACE Center for Scott Bradlee's Postmodern Jukebox, which performs Top 40 hits in styles from jazz to swing to Motown. parkerarts.org

Dance

Dorrance Dance APRIL 6

Tap, tap, tap your way to Boulder's Macky Auditorium for this performance by the award-winning New York City-based Dorrance Dance Co. dorrancedance.com

Kids/Music

Me...Jane: The Dreams and Adventures of Young **Jane Goodall**

APRIL 7

This new musical adaptation, at Parker's PACE Center, tells the story of a child named Jane who had a toy chimpanzee which she took on natural expeditions, sparking her dream of working with apes as an adult. parkerarts.org

Kids/Music

Petite Musique: The Three Bears

APRIL 9

Kids learn about the

instruments of the orchestra in this program at Boettcher Concert Hall, which uses storytelling, singing, and movement with music to tell the tale of The Three Bears.

coloradosymphony.org

Kids

Bigfoot Days

APRIL 12-13

At Estes Park's Bigfoot Days, enjoy an array of activities, including food trucks and live bands, plus "educational opportunities," all dedicated to Bigfoot, at Bond Park estesparkeventscomplex. com

Theater

The Illusionists—Live From Broadway **APRIL 12-14**

It's pure magic watching seven of the most talented illusionists dazzle with death-defying stunts and hilarious tricks at the Buell Theatre.

denvercenter.org

Comedy

Dane Cook

APRIL 13

Need a laugh? The actor and comic's "Tell It Like It Is" tour, his first since 2013, stops at the Bellco Theatre, where Cook will bring his own brand of storytelling humor. bellcotheatre.com

Talk

Jonathan P. Thompson: **River of Lost Souls**

APRIL 17

Journalist Thompson investigated the practices behind the 2015 Gold King Mine disaster, which turned the Animas River orange with toxic metals, for his book River of Lost Souls. He discusses it at Boulder's Chautauqua Community House. chautauqua.com

Kids

World's Largest Easter Egg Hunt

APRIL 21

It's egg-ceptional. Copper Mountain's annual Easter egg hunt covers 2,500 acres, has 65,000 eggs, and includes hunts for kids of all ages. Hoppy days are here again. coppercolorado.com

University of Northern Colorado Jazz Festival

APRIL 25-27

In its 49th year, the UNC/ Greeley Jazz Festival is the biggest event of its kind in Colorado. Enjoy artists like Benny Golson, the Clayton-Hamilton Jazz Orchestra, and Take 6, plus workshops. calendar.unco.edu

Music

Boulder Philharmonic: The Dream of America

APRIL 27

This performance at Macky Auditorium weaves seven monologues, Ellis Island images, and a score that mixes Dvorak's Symphony No. 9, "From the New World," with Native American and African American music. boulderphil.org



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KINGDOM

BLIND

KINGDOM OF THE BLIND.

Louise Penny (November 2018) Three unsuspecting people are named executors of a stranger's will, an old woman they've never met. The bizarre circumstance calls the woman's sanity into question—that is, until a body is found. One of Kirkus Reviews' best novels of 2018.

HOPE NEVER DIES

Andrew Shaffer (July 2018)
Silly, clever, and totally
off-the-wall. Fictionalized
versions of Joe Biden and
Barack Obama team up as a
crime-solving duo to
unravel the mysterious
death of Joe's favorite
railroad conductor.

THE NAME OF THE ROSE,

Umberto Eco (1980)
An obvious predecessor to more recent hits like *The Da Vinci Code*, this classic thriller takes place in 1327 in an Italian monastery, where seven peculiar deaths occur out of nowhere. It's up to Brother William of Baskerville to investigate, breaking codes and deciphering symbols along the way.

THE ALIENIST, Caleb Carr (1994) It's 1896 in New York City, and newspaper reporter John Schuyler Moore has been called upon to solve the mystery of a murdered young boy. He and Dr. Laszlo Kreizler, a well-known alienist, begin to uncover the identity of a dangerous killer, winding their way through a plot that includes appearances from historical figures like J.P. Morgan and Theodore Roosevelt.

THE TAKING OF PELHAM ONE TWO THREE, John

Godey (1973) The New York subway system is scary enough on a normal day; try being inside while it's being hijacked. Four gunmen hold a car of 17 people hostage, and there's no easy way out. Adapted into two films, in 1974 and 1998, this brilliantly paced nail-biter has been a favorite among thriller fans for decades.



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OF THE ROSE

STEPHEN KING FORTSIDER

THE OUTSIDER, Stephen King (May 2018) The inexhaustible King has, once again, knocked it out of the park. Terry Maitland's fingerprints are found on the corpse of an 11-year-old boy, and he is promptly arrested. But when the investigation uncovers a more troubling truth, we're left wondering whom we can really trust.





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spotlight POTTERY . NET Peter Karner photography by PAUL MILLER 42 denverlifemagazine.com | APRIL 2019

How it all began... In high school, the father of one of my friends was a potter, and his lifestyle inspired me. I chose a college that had a good academic reputation but also an excellent clay facility—Albion College in Michigan. I was fortunate to have a professor who placed me in a pottery apprenticeship after my first year, and again after my senior year. I had lots of opportunities to build kilns and experiment, so I had a strong foundation. From there I chose to go my own way. I moved to Durango in 1989, and in '95 I built my own studio and set about creating a full-time life around pottery. I was able to sell what I made right away, while experimenting and growing my work. I moved to Denver in December of 2013 and opened my studio in the Dry Ice Factory in RiNo.

His process The driving force of my work is the desire to make pots that are ancient and modern at the same time. When I go to the Denver Art Museum, I love the second level of the North Building—the Native American floor. It has some amazing baskets and pots that have really contemporary designs but are actually ancient. I love that. I'm attempting to do that in my own right, which requires a lot of experimenting. I'm not a conceptual artist who draws everything out and then pursues. I'm more of a trial-and-error artist who has an idea and sees it through to fruition, finding out what does and doesn't work and slowly coming to understand the form and pattern and how they integrate.

His inspiration Even though I'm inspired by ancient forms—bells and boxes and ceremonial vases—I want my forms to be as contemporary as possible. My glazes, on the other hand, can reflect more of an ancient patina look. I use a gas kiln, which gives a very different glaze than an electric kiln. But even though the glazes insinuate age, I don't want my pots to look old. I consider myself a modernist. That creates a kind of tension. I want people to ask, "Is this something dug out of a tomb, or made last week in RiNo?" That's what I'm interested in—that tension for the eye. I'm trying to keep the viewer curious.

Where he shows his work I have galleries all over the country, so people can see my work in many places, and online. My gallery representation is stronger on the East Coast than out West. I have no gallery affiliation in Denver, though I'll be exhibiting at the Cherry Creek Arts Festival this summer. But I really encourage people to come to my studio in RiNo if they're interested in purchasing work. All my contact information is on my website, and I'm happy to meet anyone by appointment.

Peter Karner Pottery 3300 Walnut St., #107 peterkarnerpottery.com







taste

Oooey, gooey goodness

In honor of National Grilled Cheese Sandwich Day on April 12, we picked up a copy of **The Great Grilled Cheese Book**, by Eric Greenspan, newly published by Ten Speed

Press. Touting "grown-up recipes for a childhood classic," the cookbook divides its chapters by cheese (clever!). The result: You get everything from the classic (American cheese on white bread) to the Monterey Melt (cheddar on wheat bread with olive oil-poached tuna, grapes, cucumber, and lemon sauce) to the Elvis (peanut butter, banana slices, and goat cheese) to this beauty below, South Rising, with cucumbers and fried chicken. Quel fromage!







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Thirty acclaimed Colorado chefs come together for one exceptional evening to ensure the 1 in 6 Colorado children at risk of hunger get the healthy food they need, every day.

The 19th annual Chefs Up Front culinary fête begins with shucked oysters, a delectable charcuterie station, and a luxury auction. Colorado's finest chefs then prepare an exquisite, four-course dinner tableside for an intimate table of ten, with customized wine pairings and dessert by Secret Sauce F&B Chef Nadine Donovan.

The evening benefits Cooking Matters Colorado, a food skills education program by Share Our Strength. Reserve a chef today to help make sure Colorado kids at risk of hunger have access to healthy food where they live, learn, and play.

2019 CHEF ROSTER

12@Madison Chef Jeff Osaka

Acerage Chef Alex DeBernardis Avelina Chef Josh Oakley Bar Dough Chef Carrie Baird Barolo Grill Chef Darrel Truett beast + bottle Chef Paul Reilly Blackbelly Chef Arun Moghe Centerplate Chef Kayley Boyle The Corner Office Chef Rich Byers Corrida Chef Amos Watts Death & Co. Chef Kathryn Caine Dio Mio Chefs Alex Figura & Spencer White Edible Beats Chef Jeremy Kittelson Hearth & Dram Chef Adam Vero Mizuna Chef Shawn Waters Nocturne Chef Greg Weadick The Nickel Chef Matt Maberry Oak Chef Sarah Beckwith The Populist Chef Theo Adley Que Bueno Suerte Chef Ivan Ceballos range Chef David Anderson Super Mega Bien Chef Dana Rodriguez

Oysters by: Jax's Chef Sheila Lucero Dessert by: Secret Sauce F&B's Chef Nadine Donovan

The Wolf's Tailor Chef Kelly Whitaker

Tavernetta Chef Ian Wortham Vesta Chefs Steven Cox & Nicholas Kayser The Way Back Chef Jon Lavelle







RESERVE YOUR CHEF!

Contact Liz Grossi at Igrossi@strength.org, or visit chefsupfrontco.com.













new take on an old recipe

Flapjacks to flip over

Tim Kuklinski, culinary director for Crafted Concepts, describes a family fave.

"My wife and I feel it is important to sit down as a family with our two sons as often as possible to share meals. Being a chef, I work mostly nights, so breakfast happens most often around our house. We go through phases of what we eat—it could be eggs and bacon, avocado toast, or waffles. Right now, we are on a pancake kick in part because we found an incredible recipe. Currently Erin, my wife, is not eating dairy or soy, which led us to this recipe. We use a toasted coconut almond milk, which gives the pancakes an interesting depth of flavor and a light nuttiness."



TOASTED-ALMOND-MILK PANCAKES

- 1 c. all-purpose flour
- 3 Tbsp. sugar
- 2 tsp. baking powder

1½ tsp. salt

- 1 c. toasted almond coconut milk
- 1 whole egg
- 1 egg yolk
- 1½ tsp. canola oil

DIRECTIONS

Sift together the dry ingredients in a large bowl. In a separate bowl, whisk the wet ingredients. Add the wet ingredients to the dry and mix until just combined. Do not overmix. Cook in a small amount of melted vegan butter melted in a nonstick pan.



GAME TIME!

Try the latest creations for the 2019 Rockies season from concessionaire Aramark at Coors Field:

THE ELOTE TOTCHO (stands 218, 243, 306): Shareable, loaded tater tots, served in a souvenir helmet and topped with green chili queso, charred corn, Mexican cream, cotija cheese, cilantro, and zesty mayo. "It does fall into our vegetarian category," says Aramark general manager Brian Arp. "I didn't say healthy, but it is vegetarian."

THE CHEESESTEAK DOG (130, 144, 330): A Nathan's hotdog topped with cheesesteak meat, peppers, onions, and queso. "Our No. 1 seller is the hotdog, and not far behind is the cheesesteak," says Arp. "It's basically the best of both worlds."

TENDER LOVIN' CHICKEN,

AKA TLC (137): Chicken tenders or wings with eight sauces at a self-serve dipping station.

SHISHITO PEPPERS (306):

Accompanied by a green chili queso with crumbled queso for dipping. Clearly, this recipe was designed to promote thirst among adults on the popular Rooftop.

gone This YEAR? The apple pie nachos—except at Arp's house. "That was my recipe and my kids love them," says Aramark's resident foodie. "But it's okay that they're gone. We like to be innovative."

-Susan Fornoff



BELLVUE'S NOOSA YOGHURT has come out with some fun new flavors: Coffee & Cream, Strawberries & Cream, Cookies & Cream, and Lemon Tart.

BRUZ BEERS and **SPIGOT LABS** are teaming up again for the **BELGIAN BREW FEST**, from 1 to 4 p.m. on April 28 in the garden next to Bruz Beers. Twelve breweries will be peddling their wares, and visitors will find an array of food trucks, too. **belgianbrewfest.com**



"I like big, sloppy bites"

Executive chef Adam Branz of Ultreia extols a favorite vegan sandwich.

"I used to pick, snack, taste, and dip my way through a shift," says Ultreia's executive chef, Adam Branz. But after a cholesterol scare, he went vegan. Today, "I appreciate this lifestyle more than I ever thought." One of Branz's fave dishes: Watercourse's smoked jackfruit sandwich. "I'm from St. Louis, and barbecue holds a big place in my heart. A good BBQ sandwich is a showcase

of balance—fat, acid, salt, sweetness and textures—soft, crunch, chew. This sandwich is all of the above. And it bridges the gap between who I was before and who I am now. I also like big, sloppy bites. I love how a sandwich feels in my hands, soft and at the edge of falling apart. I thought these sensations would fall by the wayside, but Watercourse has kept them alive."



To market, to market

THE NEW BROADWAY MARKET IS DENVER'S LATEST FOOD HALL.



Broadway Market

Millennial smorgasbord

 Broadway Market, in the old Tony's space on the Golden Triangle-Capitol Hill cusp, is the 12th food hall to open in the Denver area, which says a lot about our region's preferred dining style. One might describe it as the antithesis of fine dining, except that,

even in a casual setting, we want our food to be oh-so-fine.

We gave it go on a Wednesday evening, after we were told that lunch was busy but dinner was "a bit more vibrant and rowdy." Rowdy? Now there's a rare compliment for a new dining establishment, even one with nine food stops, from pizza to empanadas to sushi. But the convivial spirit of the place quickly emerged as we made our first stop—the beer wall—and giggled and chatted with other patrons over the high-tech system and selection of 24 self-pours.

In hand was our tiny fob, doubling as our meal ticket. A new concept in Denver, the Broadway Market fob is linked at check-in to your credit card, allowing you to wave it at the beer wall sensor and use it at any of the nine dining stands. We shared, but, if you're meeting eight friends, you can each get your own and thus be relieved of higher math and check wrangling. You can still buy and tip in cash, if you choose, or add on a tip at the end that will be divided based on where the money went that night.

My husband headed straight for Biju's Little Curry Shop,



ONE-STOP EATING TOP. THE BEER WALL: ABOVE. A BOWL AT MOTHER TONGUE

where he opted for the Daily Special Curry, tender and perfectly cooked grilled steak sauced in the house X-Hot Vindaloo (\$12.95). With jalapeños, red onion, and greens alongside white rice, the colorful dish pleased his palate. He also ordered the chili lime tater tots (\$3.50), addictive fried morsels that are a must-have side or appetizer no matter your choice of mains.

I scored on my entrée, the Lamb Doner Bowl from Mother Tongue (\$11.50). A large mound of lovingly coddled and roasted Colorado lamb served on organic mixed greens was flavored with cucumber-dill yogurt, harissa aioli, roasted tomatoes, onion jam, cured vegetables, and tahini slaw. While I swooned and sipped my Ottoman Emperor cocktail (\$10), the hubby got us a to-go French Rooster (\$12) from Royal Rooster—fried thigh and house-made ham on a sandwich so good it almost didn't make it home. The Sea Salt Chocolate Chip Cookie from Miette et Chocolate sealed the deal.

On our way out, we noticed that every seat was filled. Too bad. The food is oh-so-fine, but the dining is casual, and Broadway Market doesn't take reservations. —Susan Fornoff

950 Broadway, broadwaymarketdenyer.com

Steakhouse No. 316 Steaks plus...

• If the word "steakhouse" conjures unwelcome ideas of traditionalism, you should try the Bone Marrow Luge at the new Steakhouse No. 316 in Boulder. On a recent evening, the dish came out unexpectedly, with a grinning explanation from our waiter. The bone luge, like the ice luge, is a means of imbibing liquor. Rather than a channel of ice, the booze runs through the cavity of a beef bone, picking up salt and marrow on its way. When the waiter tipped the bone to my lips and poured a shot of top-shelf whiskey down it, any notion of the place as stuffy evaporated on the spot. But Steakhouse No. 316 is still a steakhouse, and a damn good one, even without the pomp. The Tableside Caesar (\$18 per person) was made from scratch while I watched, and the result was easily the best salad I've ever had. The appetizers and sides were sumptuous: Creamy Lobster and Squash Risotto (\$17), Winter Truffle Mac and Cheese (\$30), East and West Coast Oysters (\$15 for 3). But the real show



was the steaks. I tried two of the 10 cuts, which include a bone-in fillet (10 oz., \$56), a whiskey dry-aged ribeye (8 oz., \$70), an American Kobe flat iron (10 oz., \$42), and offerings of bison and lamb. Loaded up with "over-the-top" items like a 6-oz. Maine lobster tail (\$21), crab cake (\$13), and sauces like black truffle butter (\$4), the meal left me waddling happily to the sidewalk, the warmth from the bone-luge shot still warm in my belly. —Andrew Weaver

• 1922 13th St., Boulder, steakhouse316.com/boulder

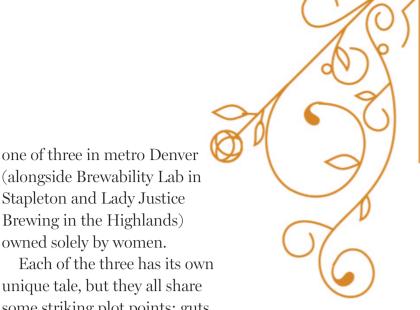


HOP GDDSSES

by **Alicia Cohn**photography by **Jeff Nelson**

Karen Hertz, Betsy Lay, and Tiffany Fixter joined the craft brewing movement in Denver for one reason—to make excellent beer. How they wound up busting into a boys' club, and defying their critics, in the process...





t's safe to say that when Karen Hertz founded Holidaily Brewing Co. in 2016, after 10 years at Coors and countless hours tinkering with her own beer recipes, she already knew her way around a bag of barley and a fermentation tank. A decade in the industry had taught her just about everything there was to know about beer—how to make it, how to market it, how to sell it. Still, when Holidaily launched, people were surprised to learn that Hertz's husband wasn't part of the venture—either as a co-owner, a brewmaster, or as the brains behind the whole operation. "It's just one more reason to prove I can do this, a little chip on my shoulder," Hertz says.

In the beer industry, where men vastly outnumber women as business owners and head brewers, Hertz's story is far from unusual. "The pressure of being a female in the industry is a little bit different," she says. "You really have to know what you're talking about. You have to know the most of anybody in the room." But, thanks to Holidaily, Hertz has been kicking ass and taking names in a male-dominated field and she's not alone.

In our beer-loving state, and across the country, women have begun reclaiming their historical role in beer making. From the dawn of civilized brewing (around 7000 B.C.) all the way up to about 150 years ago, beermaking was a female-dominated field. While men were out hunting, women were gathering the grain that could be turned into beer (or bread, for that matter). The oldest existing beer recipe, which dates to ancient Mesopotamia, is part of a hymn to the Sumerian goddess of brewing, Nikasi. Even in Norse society, Vikings ceded the task of brewing to their women. But that all changed when brewing turned into a business in the 19th century. And by 2014, a Stanford University study found that of the

1,700 breweries surveyed, only 4 percent had a woman as the head brewer or brewmaster—despite the fact that more than 30 percent of all American beer was being consumed by women.

Today, Hertz concedes that "When I walk into a room of all brewers, I'm one of the only ones without a beard." But there is definitely a shift in the air. In Colorado alone, Kim Jordan is co-founder and CEO at New Belgium; women co-own such breweries as Odell, Strange Craft, Black Sky, and Alternation; and Hertz's brewery, Holidaily, is

one of three in metro Denver (alongside Brewability Lab in Stapleton and Lady Justice Brewing in the Highlands)

Each of the three has its own unique tale, but they all share some striking plot points: guts, clever problem-solving, a dash of madness, and an abiding devotion to the quality of their brews. "The beer has to be really good," says Betsy Lay, one of the co-owners at Lady Justice Brewing. "We certainly don't want any naysayers at festivals to taste our beer, think it's bad, and say that's because we're women brewers."

Hertz, a survivor of both melanoma and thyroid cancer, got into brewing for personal reasons: When she started drinking gluten-free beer as part of her recovery, she quickly found that "it was all terrible." So she learned how to make her own. "The gluten-free thing is what really drove me to figure it out; I started homebrewing because I wanted to make good beer." Her passion for brewing slowly evolved into a homegrown business—one aided by

"The beer has to be really good, so we hold it to a really high standard. We certainly don't want naysayers at festivals to taste our beer and say it's bad because we're women brewers."

-Betsy Lay, Lady Justice Brewing



"Because we hire people with disabilities to make and serve our beer, our customer base includes a lot of teachers and therapists and other people who really get it. We have people with disabilities, people in wheelchairs, who come in to drink, families with children, and just a little bit of everybody."

-Tiffany Fixter, Brewability Lab



the fact that in Colorado, it's legal to distribute your own beer. "We started in Whole Foods in Boulder, and then I began knocking on doors—liquor stores and restaurants, adding accounts." Soon Holidaily will have a 600-barrel capacity, and it's the only 100 percent glutenfree brewery in the state.

Lady Justice's story is equally dramatic: With \$20,000 secured through an Indigogo campaign, Lay set up shop in a 300-squarefoot room in Mountain View with her business partners, Kate Power and Jen Cuesta. Because the space was too small for a taproom, they compensated by inventing a communitysupported brewery membership model, much like a CSA, in which customers paid a fee and stopped by once a month to pick up their beer, with all profits over cost donated to Colorado organizations that support females. Lady Justice finally moved into a new taproom space last fall but it remains as committed as ever

to its founding community.

"Our members have been such an integral part of us from the beginning," Lay says, "so we brew our taproom beer but we also brew beer exclusive to our members."

As for Brewability Lab,
Tiffany Fixter, a former special
education teacher, got into
the business after deciding to
teach her students, adults with
intellectual and developmental
disabilities, how to home brew.
After buying an older brewery,
fixing it up, and rebranding,
today she uses a model never
before tried in the U.S.: She hires
disabled employees to help make
and serve her beer. It hasn't been

without its challenges. "There are people who are not happy because they don't think that people with these disabilities should be around alcohol, so I've gotten some backlash," she says. "But I also see a lot of customers have an 'aha' moment when they realize, 'I used to bully these kinds of people, and now they're my bartender.' They see my employees in a whole different light, and I've seen customers drop to their knees and start crying." (Fixter, aiming to duplicate the success of Brewability, just opened a pizza parlor in Cherry Creek called Pizzability that also employs adults with disabilities and—of course—serves beer from its sister company.)

All three breweries are thriving, just as beer-focused community interest groups, organized by and for women, are growing. There are currently dozens of clubs operating in Colorado for women who appreciate beer—from Barley's Angels, which promotes craft beer education, to the Pink Boots Society, a group that advocates for women working in the brewing industry.

The upsurge in female interest makes sense. "Women have been a missed demographic in the craft beer market," says Laura Bruns, who coowns Factotum Brewhouse in Sunnyside with her brother Christopher and hosts women-only educational events, including brewery tours, where she teaches women how to use terms like ABV and IBU and how to pair beer with food. "From a business standpoint, it's just plain stupid to not reach out to this demographic."

Though, as Lay points out, the scene can still be a bit of a boys' club—"We constantly get guys trying to help fix a problem. If a keg is pouring foamy, they'll assume we don't know how to do it"—she, along with Hertz and Fixter, have been successful because they know beer, they know how to run a business, and they remain fiercely, maybe obsessively, devoted to their work. Next summer, Fixter plans to sell both of her houses (one in Denver, one in Kansas City) and move into her brewery full-time.

"I guess," she says, laughing but not joking, "you could say I'm pretty dedicated."





KNOW YOUR BEERS

Julia Herz, craft beer expert at the Brewers Association, explains all the basics, plus recommends some local brews to try.

BY NATE SAMSON

ALL THE BEERS YOU COULD EVER WANT TO DRINK, FROM LIGHT TO DARK

LAGER/ **PILSNER**

The lowdown

"The original hoppy, pale beer, pilsners offer clean, bready maltiness and plenty of hop character. Classic interpretations can be traced back to areas of Germany and what is now the Czech Republic. With this style, take note of the fullerbodied bohemian styles reminiscent of Czech versions, compared to the thinner German interpretations. Pilsners can be straw to gold in color, with medium- to fast-rising bubbles. Alcohol content is usually mild, and the body can be drying."

Local faves

- Prost Brewing's Helles Munich Style Lager
- SKA Brewing's Oktoberfest (Durango)

Food notes

Pairs well with lighter, saltier foods: grilled chicken sandwiches, Caesar salads, or rubbed salmon. Street food and burgers make a perfect pair.

Swig with...

- TAG Burger Bar's Tag Classic
- Biker Jim's Gourmet Dogs' Bacon Cheddar Brat

PALE ALE

The lowdown

"Pale ale is a catch-all term dating back to the 17th century when control of malt color was in its infancy. These beers were simply called 'pale' in comparison to the darker beers being produced at the time. Today, these beers are generally produced with tworow malted barley, referred to as pale malt. While generally more balanced than the hop-forward India pale ale, some versions can push the boundaries of the traditional style."

Local faves

- Great Divide Brewing Co.'s Fresh Hop Pale Ale
- Telluride Brewing Co.'s Bridal Veil Pale Ale (Telluride)

Food notes

Pairs well with strong, spicy foods like Indian curry, Thai, or Mexican dishes. Also goes nicely with citrusy desserts.

Swig with...

- Patzcuaro's Mexican's Camaron al Mojo de Ajo
- Biju's Little Curry Shop's Naddan Bowl

GOLDEN/ **BLONDE ALE**

The lowdown

"One of the most approachable styles, this is an easy-drinking ale that has no dominating malt or hop characteristics. Rounded and smooth, it is an American classic known for its simplicity. These beers can have honey, spices, and fruit added, and may be fermented with lager or ale yeast. Blondes and goldens are typically straw to light-amber, with medium to high carbonation. Hop aroma is present but not dominant and hop bitterness is low to medium-low. Light malt sweetness is usually present."

Local faves

- Great Frontier Brew Co.'s Blonde Annie (Lakewood)
- Bootstrap Brew Co.'s 1956 Golden Ale (Niwot)

Food notes

Pairs well with sweeter salads and light meats, particularly seafood-sushi, chicken, turkey burgers, and flaky fish.

Swig with...

- Park Burger's Turkey-Bacon-Guac Burger
- Root Down's Stuffed Kuri Squash salad

AMBER/ **RED ALE**

The lowdown

"This American version of English pale ale gets is color and flavor from roasted caramel and crystal malt additions. One of the most widely enjoyed styles in the U.S., ambers are a cornerstone of the American craft brewing revolution. Ambers have a medium-high to high malt character with medium to low caramel character. The American amber is characterized by American-variety hops, which lend notes of citrus, fruit, and pine to balance the sweetness of the malt."

Local faves

- Comrade Brew Co.'s DEFCON Red
- Wynkoop Brew Co.'s Rail Yard Ale

Food notes

A very versatile pairing beer that goes well with a wide range of foods, including most meats and cheeses.

Swig with...

- Birdcall's Original
- Culture Meat & Cheese's Meat & Cheese Board

BROWN ALE

The lowdown

"Brown ales are generally British in origin. Historically produced with a type of brown malt, today's brown ales are usually made with a pale malt base and additions of darker specialty malts for the color and chocolate/ nutty flavors. Despite the obvious color similarities, the comparison between styles that make up the brown ale family can vary with strength, hop character, mouthfeel, and flavor intensity. Just because you've tried one brown ale doesn't mean you've tried them

Local faves

- Our Mutual Friend Brew Co.'s OMF Brown Ale
- Station 26 Brew Co.'s Miss Brown's

Food notes

Pairs well with hearty foods. Examples: Roast pork, smoked sausage, or grilled salmon.

Swig with...

- Hearth & Dram's Berkshire Pork Short Rib
- Harris Ranch braised beef Pot Roast from Steuben's

PORTER

The lowdown

"This longstanding style can be traced back to the working class of the 1700s and its popularity with street and river porters. A porter is dark in color with flavors of chocolate, light coffee, and caramel. Porters are less roasty and espresso-like than stouts, but have deeper cocoa flavors than brown ales. Porters are a great beer to have with a wide variety of foods, and a favorite among many craft brewers."

Local faves

- Denver Beer Co.'s Graham Cracker Porter
- Crow Hop Brew Coy's Knee-Knocker Porter (Loveland)

Food notes

Pairs well with roasted or smoked food-roasted meat, barbecue, sausages, or blackened fish.

Swig with...

- Smokin Fins' Blackened Fish Tacos
- Russell's Smokehouse's Beef Ribs

STOUT

The lowdown

"Stouts are very dark beers fermented at warm temperatures, and they vary in strength. The name 'stout' comes from the term 'stout porter,' describing a bolder variety of the popular porter style that dates to the 18th century. Stouts have stronger roasted flavors than porters, but can vary in character from drv. smooth, and sweet to strong and bitter, depending on the type."

Local faves

- Copper Kettle Brew Co.'s Mexican Chocolate Stout
- Mockery Brew Co.'s Chai Milk Stout

Food notes

Overpowers most dishes but pairs well with game meats and fruity desserts

Swig with...

- I-CE-NY Ice Cream's Mango Sticky RI-CE
- Bastien's Thick-Cut Sugar Steak



In homage to Americans' favorite sandwich, we asked **Chef Jorel Pierce of** the TAG Restaurant **Group to** grill us up some of the best versions. photography by **PAUL MILLER** APRIL 2019 | denverlifemagazine.com 63









Great Moments in Burger History

1921

The first **White Castle** restaurant opens, serving its signature hamburger sliders. Owner Walter Anderson is credited with the inventions of the hamburger bun and kitchen assembly line.

1935

Humpty Dumpty Barrel Drive-in restaurant owner Louis Ballast submits a trademark for his invention of the cheeseburger in Denver. You can visit a monument honoring the birthplace of the cheeseburger at 2776 N. Speer Blvd.

1948

McDonald's switches from serving barbecue to hamburgers and uses the model created by White Castle. It will become the largest fast-food chain in the world.

1957

Americans get a taste of the first fastfood gimmick burger with the debut of the Burger King Whopper.

Restaurants get creative with mixing textures and flavors. **A&W** boasts that owner Dale Mulder is responsible for the invention of the Bacon Cheeseburger.

1981

Paul Wenner pioneers his veggie-filled, meatless alternative to the traditional burger, "The Gardenburger." Gardenburger Inc. then becomes the largest producer of meat-substitute burger patties in the country.

1991

Krusty the Clown's famed restaurant, Krusty Burger, first appears in an episode of *The Simpsons*. Universal Studios opens a real-life version of the restaurant in 2013.

"This is a tasty burger!" Samuel L. Jackson eats a Big Kahuna Burger in Pulp Fiction.

Cult classic Harold & Kumar Go To White Castle is released. The pair of stoners embark on an adventure filled with marijuana-induced hijinks in an attempt to satisfy their late-night burger cravings.

2006

An Illinois ballpark begins selling the **Luther Burger** at ballgames. The burger, named after singer Luther Vandross, features an Angus patty, melted cheese, bacon, and two Krispy Kreme donuts. The 1,000-calorie meal is credited with increased ticket sales, game attendance, and, we're guessing, cardiology patients.

2013

The **ramen burger**, consisting of a prime beef patty between two fried ramen buns, overthrows the cronut as Brooklyn's trendiest meal.

Dr. Mark Post debuts the first labgrown burger made from cow stem cells. The burger originally cost \$325,000 to produce but is expected to be available by 2021 for \$5 dollars per pound.

Controversy erupts as Google releases a **cheeseburger emoji** for the Android. Fans create side-by-side comparisons to criticize the incorrect placement of the cheese beneath the hamburger, while applauding competitor Apple for correctly putting the cheese on top of the patty.

California-based chain In-N-Out **Burger** announces its expansion into Colorado Springs, with plans to open in 2020.

-Compiled by Jaclyn Walsh



-Anatomy of a burger

THE CHEESE

"If you are cooking on a stove or flat top, get the burger where you want it, put the cheese on top, put a splash of water in the pan, and put a dome over it," says Pierce. "It will melt the cheese almost instantly. On the grill, I add the cheese when it's on the final turn."



THE BUN

"The biggest mistake you can make with a burger is not griddling the bun. You have to griddle it; it can save a bad bun. You want to cook it so it's warm all the way through, then wrap loosely in a plastic grocery bag to keep it warm."



THE PATTY

"I like to use a 3/8 or 3/16 grind on beef."



THE ONIONS

"Use red onions, not yellow, which are too spicy. We do little ringlets of onion because slices are too much."



"Slice it a third of an inch; always salt and pepper the slices before putting them on the hamburger."



THE LETTUCE

"You can use any kind of green that you'd want in a salad. I used butter lettuce here because it has a succulent texture."



"Why a sauce? Because it adds what a burger doesn't already have: a little bit of sweetness, more moisture, and a little bit of spice."





And on the side...

Colorado condiments that will add zip to any burger

The Colorado cow apparently inspires a bull's share of condiments. Eight local companies offered us their burger accompaniments, and there's something for everyone but the mayo lover—the locals leave mayonnaise to the Krafts and Hellmans of the world. But we found a local condiment to mix with fridge mayo for the perfect aioli on a bacon-and-blue-cheese burger.





- SWEETWATER DRAW HONEY
 DILL SAN JUAN MOUNTAIN MUSTARD from O'Hara's Jams and
 Jellies in Durango
 (oharasjamsandjellies.com)
- CARAMELIZED ONIONS made and jarred by Yumyin in Denver (yumyin.com)
- 3. **TRUE BLONDE HONEY MUSTARD** from Durango Artisan Foods (durangoartisanfoods.com)
- 4. ORIGINAL RECIPE KETCHUP
 (with no added sugar) from
 Elevation of Denver, which also
 makes Restaurant Style, Sriracha,
 and Vindaloo flavors
 (elevationgourmet.com)
- COLORADO GREEN TOMATO PICCALILLI, a habañero relish from The Good Jar in Louisville (thegoodjar.com)
- 6. CARAWAY GARLIC DILL PICK-LES from Denver's The Real Dill (therealdill.com)
- MERF'S JAMBERRY SRIRACHA with a bit of our fridge mayo to make a pretty aioli with a kick. (merfscondiments.com)
- 8. PUEBLO CHILI RELISH ROJO (so colored because it is made from the Mosco chili pepper) by Scaff Bros. in La Junta (scaffbros.com)



6 steps to a perfect burger

1.

Choose meat that is 20 to 25 percent fat.

2.

Look for a 3/8 or 3/16 grind. What's most important is that the blades are sharp so you're shearing the beef, not squashing it. Always use a cold grinder.

3.

Keep the seasonings simple: just salt and fresh, cracked black pepper.

4.

Don't oil the grill ahead of time. Set the temp at 400-450°; the meat should sizzle when it hits the pan (if you are unsure of the temp, throw a drop of canola oil onto the pan; it should sizzle and smoke right away).

5

Ideally, flip the burger only once—at most, three times.

6.

After removing the burger from the heat source, don't let it sit too long—the burger will get cold and the sear will soften.



How much beef?

Sliders

Use 2 oz. beef each Classic cheeseburger Use 4 oz. beef G&G burger Use 8 oz. beef

Recipes...

SALMON BURGER

From TAG Burger Bar Serves 6

INGREDIENTS

- 2 lb. fresh Atlantic salmon Zest of 1 lemon
- 1 c. heavy whipping cream, ice cold
- 3 Tbsp. fresh, chopped dill

DIRECTIONS

First, check that the pin bones have been removed from the salmon. Next, remove skin by placing filet skin side down on a clean cutting board. Place your knife where the skin meets the flesh, basically parallel but angled slightly down. Gently slice between the skin and flesh until there is enough exposed skin to hold on to; then begin carefully slicing the skin from the filet while drawing the knife back and forth. Once skin is removed, dice two-thirds of the salmon into cubes the size of playing dice; store in refrigerator. Place the remaining salmon (as cold as possible!) in a food processor with the (ice-cold) cream and the lemon zest. Process on high for one to two minutes. Next, evenly combine the diced salmon, dill, and salmon mousse in mixing bowl. Separate into 6 equal patties 5.5 to 6 oz. each; keep chilled until ready to grill. To cook, preheat grill or griddle to 450° F. Lightly oil cooking surface. Remove patties from refrigerator, season with salt and fresh cracked black pepper, and place onto grill. Allow to sear before flipping. (If they look like they're getting some color and starting to pick up some caramelization don't panic—that's the good stuff.)

BUTTERMILK CREAM CHEESE

INGREDIENTS

6 oz. cream cheese, at room temperature 2 oz. buttermilk, at room temperature

DIRECTIONS

Stir together until mixture achieves a slightly thick but saucy consistency. Chill and reserve cold.

TO FINISH

INGREDIENTS

- 12 slices of vine-ripened tomato, gently salt-and-peppered
- 2 c. fresh arugula
- 1-2 ripe Hass avocadoes, halved, pitted, and sliced
 - 1 bottle Cholula Hot Sauce or your favorite spicy condiment
 - 6 buns, toasted

DIRECTIONS

Assemble the burger from the bottom: Toasted bottom bun, avocado slices, a nice bed of arugula, two seasoned tomato slices, the seared salmon patty, 1.5 Tbsp. of Buttermilk Cream Cheese, a dash of hot sauce, and the toasted top bun.

PARSNIP FALAFEL BURGER

Serves 6

BURGER INGREDIENTS

- 1 peeled, rough-chopped parsnip
- 4 garlic cloves
- 3 medium shallots, peeled and rough chopped
- 2 oz. parsley, with stems
- 3 oz. cilantro with stems
- 10 medium scallions, whole, roots removed
- 4 whole, fresh eggs
- 1 c. chickpea flour
- 1 Tbsp. salt
- 2 tsp. coriander, cracked
- 1 tsp. cumin, ground

DIRECTIONS

Combine all ingredients in a food processor, and purée until there are no pieces larger than a rice grain. Remove, place into a clean container, and refrigerate. When ready to cook, separate into six equal patties 4 inches across and an inch thick. Preheat a pot with frying oil to 350°F. Test one small piece of falafel by packing tightly by hand, deep-frying for four minutes, and tasting. If good, proceed by turning up your heat a touch, frying up your patties (no more than three at a time), then dialing stove back to 350 degrees. Once cooked, remove from fryer and season with salt.

LEMON GARLIC YOGURT

INGREDIENTS

- 1 clove peeled garlic
- 1 tsp. salt
- Zest and juice of 1 lemon
- 1 c. whole-fat Greek yogurt (the thickest you can find)

DIRECTIONS

Roughly chop the garlic clove and sprinkle the salt over the minced garlic. Squish the garlic with the salt by repeatedly pressing with the flat side of your knife until you've created a paste. Add, along with the lemon zest and juice, to the yogurt; stir to combine. Chill and reserve cold until plating.

ROASTED SHIITAKE MUSHROOMS

INGREDIENTS

- 1 pt. of shiitake mushrooms, sliced ¼ inch thick
- 2 oz. neutral cooking oil (canola, grapeseed, or a canola-olive oil blend) Salt and fresh black pepper to taste

DIRECTIONS

Preheat a large skillet to medium; add oil and then shiitakes. Allow shiitakes to caramelize before salting. (Adding salt to mushrooms too early can draw out water from them and inhibit your ability to get that nice toasty caramelized edge.) Once you have achieved a good color and general tenderness, season and reserve warm or at room temperature.

TO ASSEMBLE: INGREDIENTS

- 18 cucumber ribbons. (Lay a cucumber flat on a cutting board and peel with your vegetable peeler the entire length to yield long, wide strips.)
- 2 c. fresh, washed red oak lettuce
- 6 buns, toasted in a buttered skillet

DIRECTIONS

Atop your toasted bottom bun, add about 2 Tbsp. Lemon Garlic Yogurt. Top with parsnip falafel, a bit of red oak lettuce, a handful of room-temperature seared shiitakes, three to four curled ribbons of fresh, sliced cucumber, a touch more of the yogurt and then the top bun.

Serve them with... HOUSE PICKLES

From TAG Burger Bar, Madison

INGREDIENTS

- 10 pickling cucumbers (Kirby is best)
- 2 oz. fresh dill
- 1/2 c. halved garlic cloves
- 1/2 c. dried parsley leaves
- ½ c. coriander seeds, whole
- 1/4 c. black peppercorns
- 1/4 c. red chili flakes
- 3/4 c. salt
- 1 c. sugar
- 1 gallon white distilled vinegar
- 1 gallon cold water

DIRECTIONS

Scrub cucumbers gently and remove any areas of bruising. Quarter all cleaned cucumbers lengthwise. Place dill, garlic, parsley, coriander, peppercorns, and chili flake in a large piece of cheese cloth and tie closed with butcher's twine to create a spice sachet. Toss cucumbers in sugar and salt and store overnight with spice sachet in a large enamel, glass, or plastic pickling vessel. After the cucumbers have had 24 hours to cure, pour the vinegar and water over them and stir to combine. Allow pickles to brine under refrigeration for at least 3 days, ideally up to 7 days.

TAG SAUCE

Yields 1 cup (enough for 6 burgers)

INGREDIENTS

- 3/4 c. of your favorite mayo
- 2 Tbsp. ketchup
- 2 Tbsp. pickles, chopped finely
- 1 tsp. your favorite hot sauce

DIRECTIONS

Combine ingredients in a cup or jar.





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here are great bags and jewelry, and then there are great bags and jewelry. The items made by Liv & B, an accessories company based in Highlands Ranch, fall squarely into the second category. Each bracelet, ring, necklace, bag, and pair of earrings is handmade by founder Angela Martin using ethically sourced, soft-as-butter leather (which Martin handpicks for its uniqueness), gemstones (including aquamarine, agate, moonstones, and labradorite), and mixed metals, including pure silver, sterling silver, and gold fill.

Best of all, the pieces, which she often names after favorite



customers, are easy to wear.

"Classic redefined" is how
Martin describes her pieces.

"They are similar to classic
pieces, but we try to have a
different edge," and they look
great when layered.

Martin (above left with a friend) started the company 15

years ago while living in Alaska and has been working at it on and off while raising her two kids, Alivia and Brennan, for whom the company is named. Working in her home studio, she encourages customers to come experience her process and do a little shopping. "I love to get to know a person and design one-of-akind pieces for them."

Martin, who in February showed off her wares at the pre-Oscars celebrity gifting lounge at the W hotel in Beverly Hills, has just introduced a hand-dyed tote bag and will soon come out with a crossbody bag. "To me, jewelry and leather goods are not just accessories; they put a smile on your face and help you get through the day."



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Less is more

PERSONAL CARE, RADICALLY SIMPLIFIED: THAT IS THE MANTRA OF BOULDER-BASED **AKAMAI BASICS**. BY AMANDA BONNER

nyone who has stood in the toothpaste aisle at the supermarket, baffled by the endless array of products—whitening? plaque-fighting? both?—will be intrigued by Akamai Basics. The Boulder company, aiming to fight what co-founder Vince Cobb cheekily calls the "industrial personal care complex," has developed a line of multipurpose, natural products that simplify how we stay clean and healthy. Cobb's presiding philosophy (borrowed from Einstein) is: Make it as simple as possible, but no simpler.

Problem solver "I like finding a problem and fixing it," says self-described "free thinker" Cobb, who went live with the company, cofounded by his wife, Marni Shymkus, in 2017. "My prior company was helping to raise awareness about the problems with single-use items, like plastic bags, water bottles, and food containers. This was a similar situation; I thought I could wake people up to a new way of approaching personal care."

It all started with toothpaste.

"My wife is a tinkerer and bench chemist. I said, 'I want to have one thing that works incredibly well, then set it and forget it.' We both had periodontal disease-receding gums-and thought, What if we could create a toothpaste with natural ingredients to help heal your gums? You need to brush and floss, but you also need proper nutrients in your

first product was a medicinal, all-natural toothpaste."

On to soap... "The next product we created was a three-in-one body soap, shampoo, and shaving soap; if formulated right, one product should be able to do all three things. The third was Skin Fuel, an all-body, all-purpose replacement for your body's natural oils; it closely resembles sebum. We introduced seven more products last year, so we now have 10. One is a stainless steel tongue cleaner, what I call 'the \$8 cure for bad breath.' Americans spend \$2.5 billion a

most of the products deal with symptom management, and do nothing about the underlying problem, which is bacterial buildup that thrives in a dry mouth and emits sulfuric compounds

that smell bad." Making things simple. "Our products fit into this overall push toward minimalism—as well as a push toward getting products

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The response: "We now have about 3,000 customers. We hear such great things from them: 'I can't believe my eczema has gone away' or 'My dentist was amazed at how much better my receding gums got after I used your toothpaste." "



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Black and blue (and green too)

THIS BOULDER KITCHEN HAS GLORIOUS FLATIRON VIEWS-AND IT'S ENERGY EFFICIENT, TOO.

BY AMANDA BONNER



he term "passive home" can seem like such a misnomer. Take, for example, this house in Boulder. It may be passive (meaning it is ultra-low-energy), but it is also very active, harnessing the sun's heat for warmth in the winter and using its own shadiness to keep things cool in the summer.

When the original 900-squarefoot ranch house on the property was scraped, the owners, Adrian Harris and Madeleine Fairchild, hired natural architect Brian Fuentes to design a new 2,300-square-foot, two-story house. Fairchild, a Swedish native,



says, "We wanted something very simple, very open, and very minimalistic, without a whole lot of clutter."

Also wanting a look that was monochromatic, they chose Kabi to do the cabinetry not only in the kitchen but throughout the house. "I wanted something very dark but not black in the kitchen," says Fairchild. "The charcoal gray is lovely and turned out very nicely with the custom-paneled Thermidor full-size freezer and refrigerator. It also goes well with the distressed concrete floor, the white Caesarstone countertops, and all of the hickory wood."

Behind the Thermador "Freedom" induction cooktop, they added a wall of vibrant azure. "I couldn't figure out what I wanted," says Fairchild. "I definitely didn't want traditional tile because it is so hard to keep clean. So we came up with the idea of glass—two panes, which we painted on the back side. It's so easy to clean—one swipe and we're done."

The eight-foot-plus island has nine huge pullout drawers that are large enough to hold the couple's kitchen gear; they allowed the couple to avoid heavy overhead wall cabinets. Instead, they opted for floating hickory shelves that create visual impact against the blue wall, with a small but usable desk area on the same wall as well as a custom wine rack, designed and built by a local artisan.

Ultimately, the kitchen has the serene vibe the couple were after. "It's extremely quiet and very comfortable, a happy, vibrant space with amazing views from those south-facing windows," says Fairchild. "I have friends who have come over and initially said, 'Oh, this place is too modern for me,' and then over time, they'll say, 'Oh, my god, I feel so calm in your house." DIM



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Children of the Midwest. gather 'round. In **Icons** of the Plains at the Sangre de Cristo Arts Center in Pueblo, photographer-inresidence Christopher J. May showcases his love of a classic American structure: grain elevators. "When I see a grain elevator, I think of the generations of farm families that have toiled to feed a hungry, growing nation," says May in his commentary on the show. Showing through May 19. sdc-arts.org

WINDOW INTO THE PAST CANYONS OF THE ANCIENTS INCLUDES HOVENWEEP

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STUMBLE UPON RUINS FROM MILLENNIA AGO AT CANYONS OF THE ANCIENTS, THE COUNTRY'S DENSEST COLLECTION OF PUBLIC ARCHAEOLOGICAL SITES.

anyons of the Ancients National Monument, in the southwestern corner of the state, is an amateur archaeologist's dream: a concentrated pocket of millennia-old ruins, some 20,000 in all. Of these, more than 6,000 have been excavated on just 176,000 acres of Bureau of Land Management land, making Canyons of the Ancients—adjacent to the more famous, and far more crowded, Mesa Verde National Park—the densest collection of public archaeological sites America has to offer. If you're organizing a trip to the Four Corners and want to plan a stop, these are the highlights to hit. -ANDREW WEAVER

Canyon of the Ancients Guest Ranch

No, it's not a typo. While the National Monument uses the plural "Canyons," this quaint working ranch to the south drops the "s." A friendly and vivacious couple, Garry and Ming Adams, run the place. As their guest—not an easy honor to claim; book early—you'll be treated to the couple's first-rate hospitality and intimate knowledge of the area and its history. With six uniquely themed cabins scattered

around the ranch, your options for lodging run the gamut from the cozy Cowboy Log Cabin, with polished timber floors and leather rocking chairs, to the Pueblo-style Mokee House, with its immense sky-lit shower and outdoor adobe oven. Once home to the famous cowboy Elden Zwicker, the ranch is now a secluded idyll in the middle of McElmo Canyon, filled with friendly livestock (the Adamses keep sheep, horses, cattle, and an uncountable number of



roaming dogs and cats), an organic garden, and a large collection of historic artifacts from the region's ancient cliff-dwelling people. canyonoftheancients.com

Sutcliffe Vineyards

Just down the road from Canyon of the Ancients Guest Ranch, this tiny winery draws attention from around the Four Corners region, and for good reason. Stop by for a tour or a tasting, and the cheerful owner, John Sutcliffe—a self-described "soldier, cowboy, restaurateur, polo player, and winemaker"—will regale you with stories of his wild, practically cinematic, globe-trotting life. Sit for a spell on the shaded porch of Sutcliffe's house (he lives on the property) and you might get to meet one of the winery's local farmers, who

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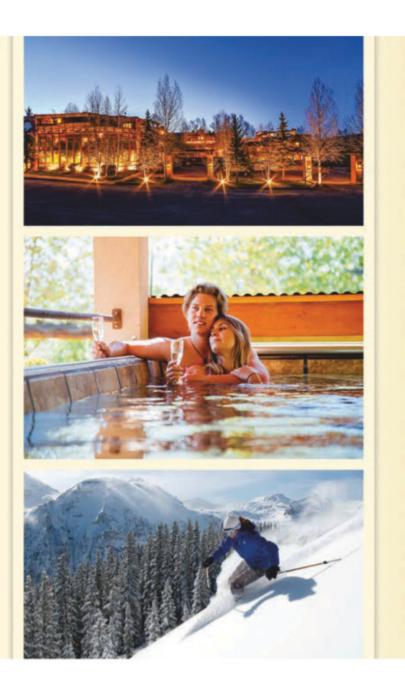
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stop by regularly with bags of grapes for Sutcliffe to sample. The tasting room is open from noon to 5 p.m. year-round and offers a selection of four wines, rotated daily, with ample commentary on each vintage from Sutcliffe, who talks about the bottles as if they're his children. **sutcliffewines.com**

Visit Lowry Pueblo

The most impressive archaeological structure in the region, this 40-room communal

dwelling was built around 1060 AD. What remains almost a thousand years later gives an impressive glimpse into the designs—architectural and cultural—of the ancient hunter-farmers who occupied it. With easy road access to the site, you won't have to hike in, though you'll want to bring water and a



snack—the ruins are complex and sprawling, and visitors are invited to walk through them, exploring every surviving nook and cranny of the ancient village. Shards of 1,000-year-old pottery dot the ground, adding to the impression—thrilling in itself, for a history nut—that the Lowry Pueblo inhabitants aban-

doned the site just yesterday, rather than centuries ago. **mesaverdecountry.com**

Stop at the Canyons' Visitor Center and Museum

For information about the Ancestral Pueblo (Anasazi) and other native peoples responsible for constructing the ancient dwellings found throughout the area, this interactive museum and visitor center, in the town of Dolores, is the place to start.

Two excavated ruin sites, the Escalante and Dominguez Pueblos, are on the museum grounds. **mesaverdecountry.com**



One of the best features of Canyons of the Ancients, and one that inspires love for the area, is the impression of wildness that prevails. While main attractions like the Lowry Pueblo draw crowds, the monument's lesser-known archaeological sites—thousands of them—are remote and private, most of them hidden in plain sight. The sense of archaeological titillation that comes from stumbling upon one is exhilarating: an Indiana Jones fantasy come true. The Sand Canyon Trail, a 6.5-mile out-and-back hike, is easily the area's best, weaving past multiple ruin sites. Most of the ruins are excellently preserved, waiting to be "discovered" among picturesque juniper and piñon pine, cactus, yucca, and towering red rock canyons.



CANYON OF THE ANCIENTS



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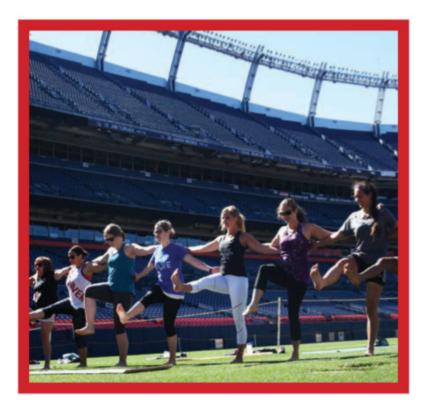
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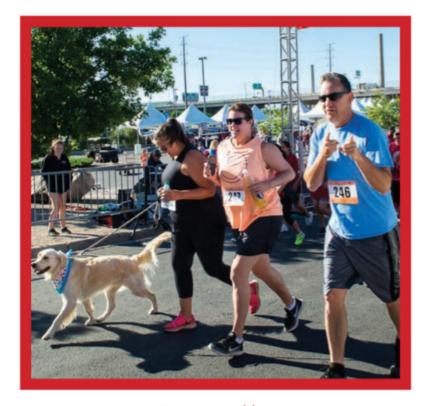
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A fairytale trip

A CLASSIC RHINE RIVER CRUISE PAST CHARMING EUROPEAN VILLAGES IS LIKE A WEEK OUT OF A STORYBOOK. BY GIGI RAGLAND

he commercials for elegant river boats plying the waterways of Europe, gliding past hilltop castles and grape-laden vineyards, may seem too good to be true. They're not. A friend and I, both river cruise novices, booked a week on Emerald Waterways' "Classic Rhine River Cruise." The premium river cruise company gets high marks for its elegant, comfortable ships; gourmet, locally sourced meals; and upscale amenities like a heated infinity pool

surrounded by loungers that transforms into a bigscreen movie theater at night.

We were confident the lovely floating hotel could deliver an engaging cultural experience at every port—and as active travelers were looking forward to new fitness excursions to fulfill our need for exercise beyond the onboard walking track and gym equipment.

Such "active" programs have been launched by a handful of river cruise companies in response to passengers asking for more variety at port destinations. Emerald Waterways' program EmeraldAC-TIVE was introduced in 2017 and includes guided hikes (guest rooms are stocked with hiking poles), bike rides, yoga, and more.

Aside from guided bike tours, guests can reserve a bike to tour around on their own for a few hours. And the bikes aren't limited to the passengers. While docked at port, we saw the ship's captain and a few crew members pedaling away to get a bit of morning exercise, see the sights, or run errands.

As for the sights we passed on our journey from Amsterdam to Mainz, Germany, on the Rhine and Moselle rivers, the word "charm" is an understatement. Our boat glided from historic village to village, including Xanten, Andernach, lovely Cochem, the historic wine-growing town of Bernkastel, and all along the beautiful Moselle Valley. Every morning we pulled back the curtains to unveil a lovely new storybook scene. A favorite feature in our double-bedded room was the remote control, which opened up our

private balcony floor-to-ceiling windows, bringing the outside in.

But my favorite time was sunset, when I'd stroll the top deck of the ship from side to side, and port to starboard, gazing at the constantly changing views of villages, vineyards, riverside festivals, and picnics. As we floated by, the villagers' faint laughter found us like a slow-moving ripple in the water.

And right on cue, as the night sky deepened into moody blue, twinkling lights from a riverside medieval town brightened the darkness, and the yellow moon crested over the top of a hilltop castle. Enchanting? Completely. Even if you never get off the ship to explore the historic sites, it's definitely worth the ride. DLM





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Up a tree

A GROWING SPORT, WITH A SCHOOL IN COLORADO, HAS FOLKS SCALING ASPENS AND PINES—ALL IN PURSUIT OF ADVENTURE (AND GREAT VIEWS AT THE TOP).

BY ANDREW WEAVER

hen you think about it, it's really no surprise that organized tree-climbing schools ("groves," as enthusiasts will call them) exist across the world, and that people of all ages—not just kids—are passionate about scrambling up trees for the sheer fun of it. The urge to get to the top of a tree is one everybody recognizes, left over from our ancient, arboreal beginnings. We used to live up there, after all.

It is perhaps also unsurprising, in a state where people love to scale big things, that one of these schools, Tree Climbing Colorado, is here in our own backyard. Based in Evergreen, the organization operates under the direction of a 68-year-old retired professor of environmental science and part-time employee of the Colorado Sierra Club. His name is Harv Teitelbaum, but you won't hear anyone call him that in tree-climbing circles.

"We all have tree names," he explains. "Mine's Ponderosa."

Teitelbaum discovered the sport of tree climbing 18 years ago. It attracted him because, as he says, "it seemed to combine everything I really enjoyed doing...the exercise of climbing, the discovery of getting up into trees, the joy of being out in the forest." In 2001, when Teitelbaum caught wind of organized tree climbing, the sport was still in its infancy, with its most serious practitioners living in Georgia. Intent

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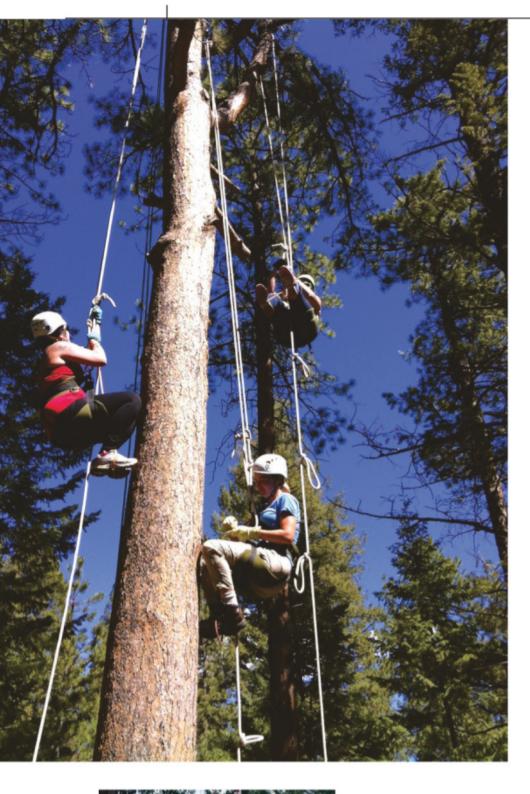
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SAFE ARBOR THE ORGANIZATION TREE CLIMBING COLORA-DO OFFERS A BEGINNER COURSE FOR AS FEW AS TWO PEOPLE.

on joining them, Teitelbaum flew to the Deep South and immersed himself in training programs with Tree Climbers International (TCI), founded in Atlanta in 1983 by Peter "Treeman" Jenkins. Teitelbaum learned how to climb trees the right way safely, without harm to man or plant—and started teaching others back in Colorado.

Since then, "I've probably taken about 10,000 people up into the trees," he says. "I've been involved in writing guidelines for training and conducting climbs. In 2007, we formed an international nonprofit called the Global Organization of Tree Climbers. We now publish a cur-

riculum for facilitators and instructors all over the world."

And he really does mean all over the world. "We trained the first generation of leaders, a few dozen of them," says Patty Jenkins, Peter's wife, who is heavily involved with TCI. "Those people have gone on to form their own schools and train the second, third, fourth generation of leaders. Anyone who falls into this group, we say they were taught in the TCI tradition." TCI has trained leaders that went on to start their own groves as far away as Sweden, Denmark, Japan, Korea, and France.

They are, by all accounts, a serious but inclusive bunch. Patty is quick to point out that TCI and its derivative organizations are "schools," not "clubs." Teitelbaum estimates that between 50 and 75 exist around the world, though an exact number is hard to pinpoint, as many are small and keep a relatively low profile. The TCI website is openly enthusiastic about the formation of new schools, offering to the general public full guidelines for getting a grove off the ground. "It only takes two people to get started!" the website reads.

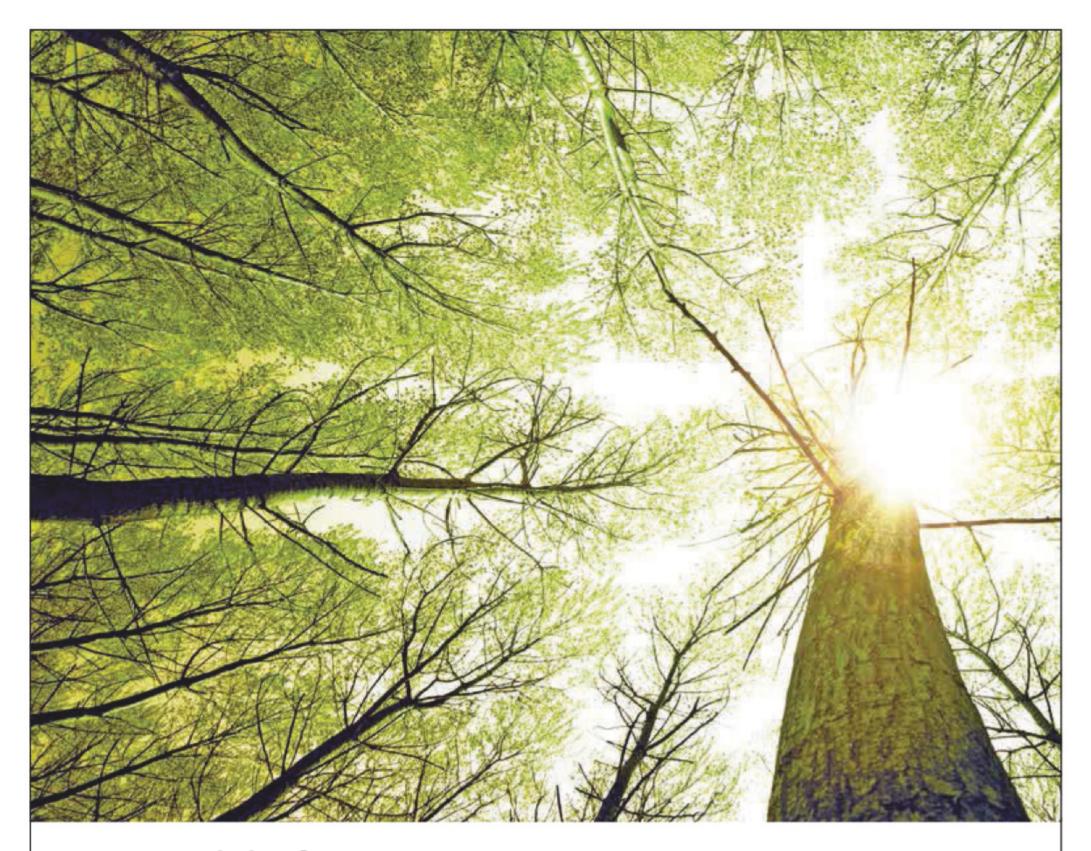
As for gear, Teitelbaum says, the sport is fairly straightforward. Rock climbing helmets and arborists' gearharnesses and ropes—are frequently used, with an auto-locking, tripleaction carabiner as climbers' main clip-in point. Tree Climbing Colorado offers a basic beginner course for as few as two people; it teaches proper use of the gear and gets people moving right away. "Our students are wide-ranging," says Teitelbaum. "We have tree-care people who want to learn safe rope techniques. We have photographers. We also have people who just want something new and different in their lives."

This last group will probably get the most out of the sport. "All trees are different, and each tree is different every time you climb it," Teitelbaum says. "One of the best climbs I ever did was up Independence Pass. I bushwhacked out to the middle of this beautiful grove and found a nice aspen with a fork in the branching on top. It was a gorgeous day—brilliant blue skies and that Alpine elevation." It was an experience, he says, that he probably could not recreate. "The total experience depends on the day, the route you take, the season. Sometimes, it's not just the tree." DLM



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'Houston, we've had a problem'

hose famous words—or at least the slightly edited version uttered by Tom Hanks as flight commander Jim Lovell in the 1995 movie *Apollo 13*—have become the go-to

phrase any time something goes terribly wrong. The phrase actually came out of the mouth of Denver native **JACK SWIGERT**, who was Lovell's command module pilot aboard the famously aborted lunar flight on April 11, 1970. Swigert, who graduated from East High School and CU, had wanted to fly ever since he was a kid, earning enough money from a paper route to take his first flying lessons, getting his pilot's license at age 16, and eventually becoming a fighter pilot. The moon shot was a fluke. Swigert was actually a late replacement for Ken Mattingly, becoming a main character in one of NASA's most heroic moments: After an oxygen tank exploded in the service module, it wasn't clear if the astronauts would make it back to Earth safely—but after several nail-biting days, the trio splashed down in the Pacific Ocean on April 17. Swigert went on to run for Congress in 1982—and won—but died before he had a chance to serve his country again.



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